YET ANOTHER HOT COUPLE BREAKS UP
THE WORD {page 14}

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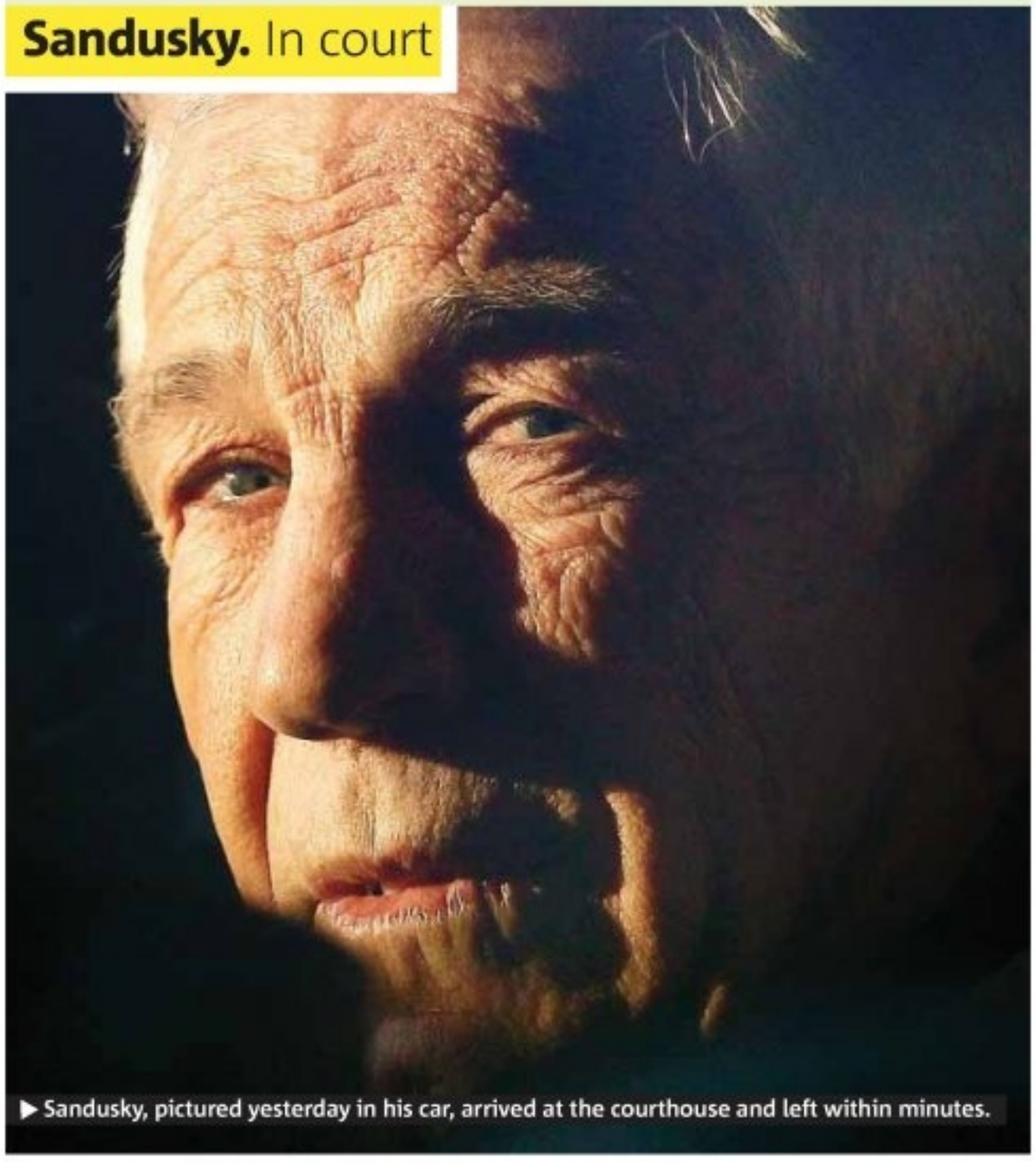
Sandusky. In court



▶ Sandusky, pictured yesterday in his car, arrived at the courthouse and left within minutes.

Court battle will go 'four quarters'

A media frenzy ready for lurid accusations from alleged victims will have to wait until the trial of alleged child molester Jerry Sandusky after he waived a preliminary hearing yesterday. But the gaggle of reporters did get an unusual amount of post-hearing quotes, including football references from Sandusky, an accidental gay porn reference from his attorney and crestfallen disgust from an accuser. {page 09}

Foxwoods makes last bet on its casino bid

- Flailing ownership group petitions state Supreme Court in final chance to save its license
- Gaming Board had already begun new application process {page 02}

News

Gingrich tax plan blasted

- Group says policy would blow 'huge hole' in deficit {page 10}

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What? Nutter claims 'Philly is fashion'

While announcing the launch of a Philadelphia fashion incubator, Mayor Michael Nutter said "there is fairly well-known, throughout the country, if not around the world, something known as just the Philadelphia style. We are a stylish group of folks here in the city."

The incubator, a workplace in Macy's Center City, is a fully-equipped "Project Runway"-style space that will house four designers-in-residence from Drexel University, Philadelphia University and Moore College of the Arts.

Its partners hope that the incubator will assist Philadelphia's ascent as a serious fashion capitol while retaining college graduates and strengthening Philadelphia's creative sector, especially in the Midtown Village area. The initiative comes in the wake of an eventful few years — the annual Philadelphia Fashion Collection was launched in 2009 and kicked off this year by Nicole Miller, who praised us for vintage and craft stores and penchant for dressing up.

RIKARD LARMA/METRO

▶ Nutter at Macy's.

ALEXANDRA WIGGLESWORTH

Foxwoods investors won't fold last hand

Group puts last hope in state Supreme Court's hands Files petition at last moment in challenge of earlier court decision that shot down license

Foxwoods casino investors refuse to give up their license for a South Philadelphia slots parlor without a fight, filing a last-minute petition Monday to the state Supreme Court, an investor said yesterday.

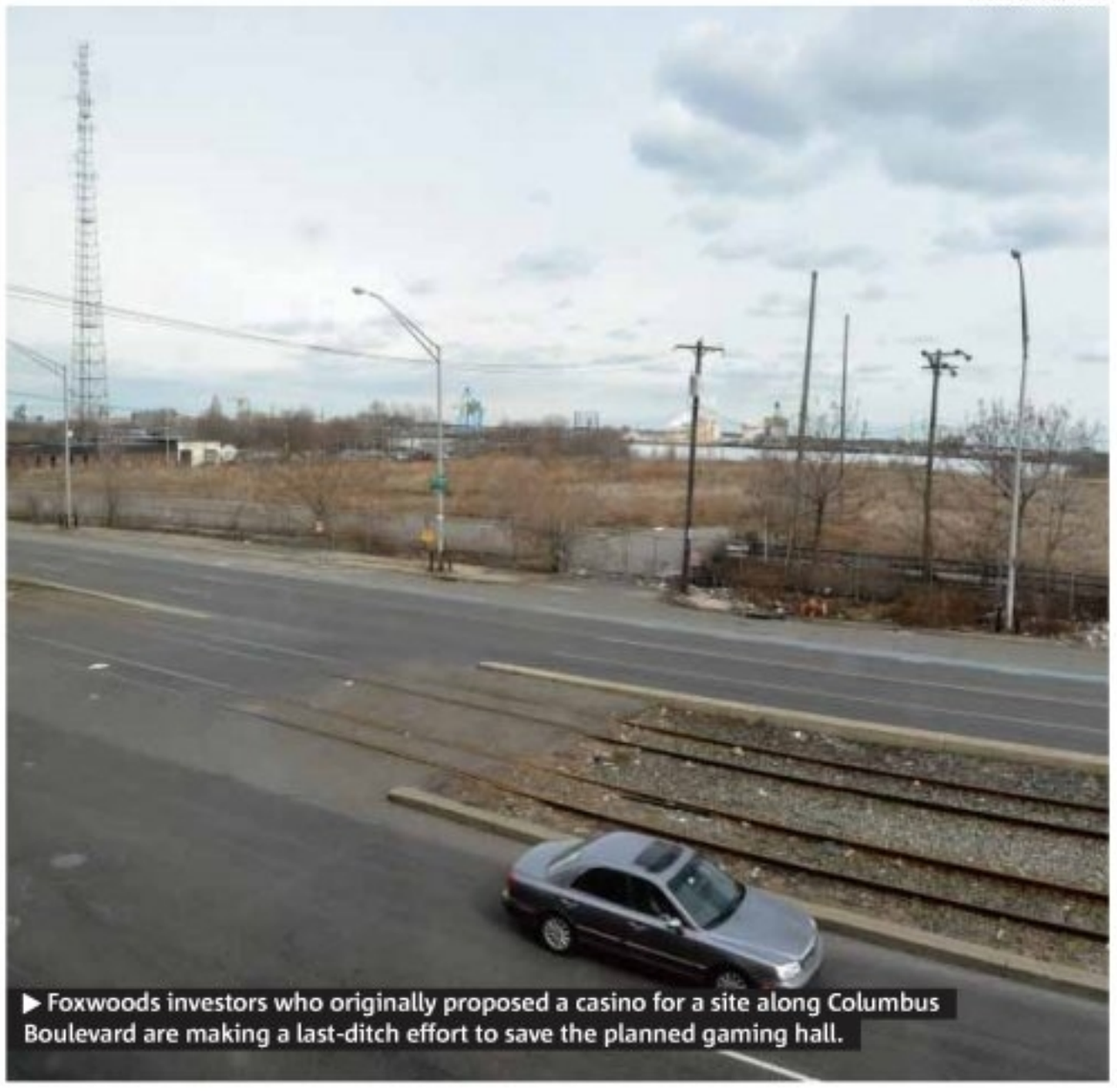
The petition was filed just before the deadline for them to challenge a November ruling by the Commonwealth Court that supported the state Gaming Control Board's decision to revoke their gaming license in December 2010.

"We filed a petition … hoping that the Supreme Court will hear the case," said Capital Management Enterprise CEO Manny Stamatakis, part of the investment group which includes Comcast-Spectacor Chairman Ed Snider and Center City developer Ron Rubin.

Investors have argued that the state Gaming Board acted before determining whether they had the ability to pay for the casino and if they had failed to meet deadlines for the stalled project.

The delay has drawn the ire of politicians who once supported the casino. Originally planned for Columbus Boulevard between Tasker and Reed, investors tried unsuccessfully to relocate the license to Center City due to opposition from city officials. Then, the project got a boost in 2010 when casino mogul Steve Wynn stepped in, only to jilt investors months later.

RIKARD LARMA/METRO



▶ Foxwoods investors who originally proposed a casino for a site along Columbus Boulevard are making a last-ditch effort to save the planned gaming hall.

Waiting on high court

If the state Supreme Court turns the case down, it would signal the end of the license, which would have to be rebid in Philadelphia under state law.

"We still await the outcome of any litigation on this matter before we're able to proceed with any determination on this license," said state Gaming Control Board spokesman Doug Harbach.

SOLOMON D. LEACH
sleach@metro.us

RIKARD LARMA/METRO

▶ Everybody's doing it.

Study: 60% own mobile devices

PHILADELPHIA. A new ranking puts residents at eighth among cities for its "mobile shopping savvy," according to the Interactive Advertising Bureau.

Almost 60 percent of Philadelphians own a mobile device, the group found, though only about 18 percent are influenced by mobile coupons. METRO

Nutter vetoes condo credit

CITY HALL. Mayor Michael Nutter will veto a tax credit for condo owners not serviced by city trash pickup and a bill allowing a digital wall wrap on Sixth Street.

"To do this would threaten future federal funding for city transportation needs. It's also spot zoning," said spokesman Mark McDonald.

As far as the condo bill, "This would be a substantial cost to the city treasury." METRO

In the news

Jail for pharma executive

Richard Bohner, former executive of West Chester-based Synthes pharmaceutical company, was sentenced to eight months for unauthorized clinical trials. Bohner and three others approved trials for medication to treat a spinal condition in elderly patients without FDA authorization.

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Brothers busted in chop shop

83 Stolen cars that have been found, though the brothers are only being charged with the theft of 71 vehicles.

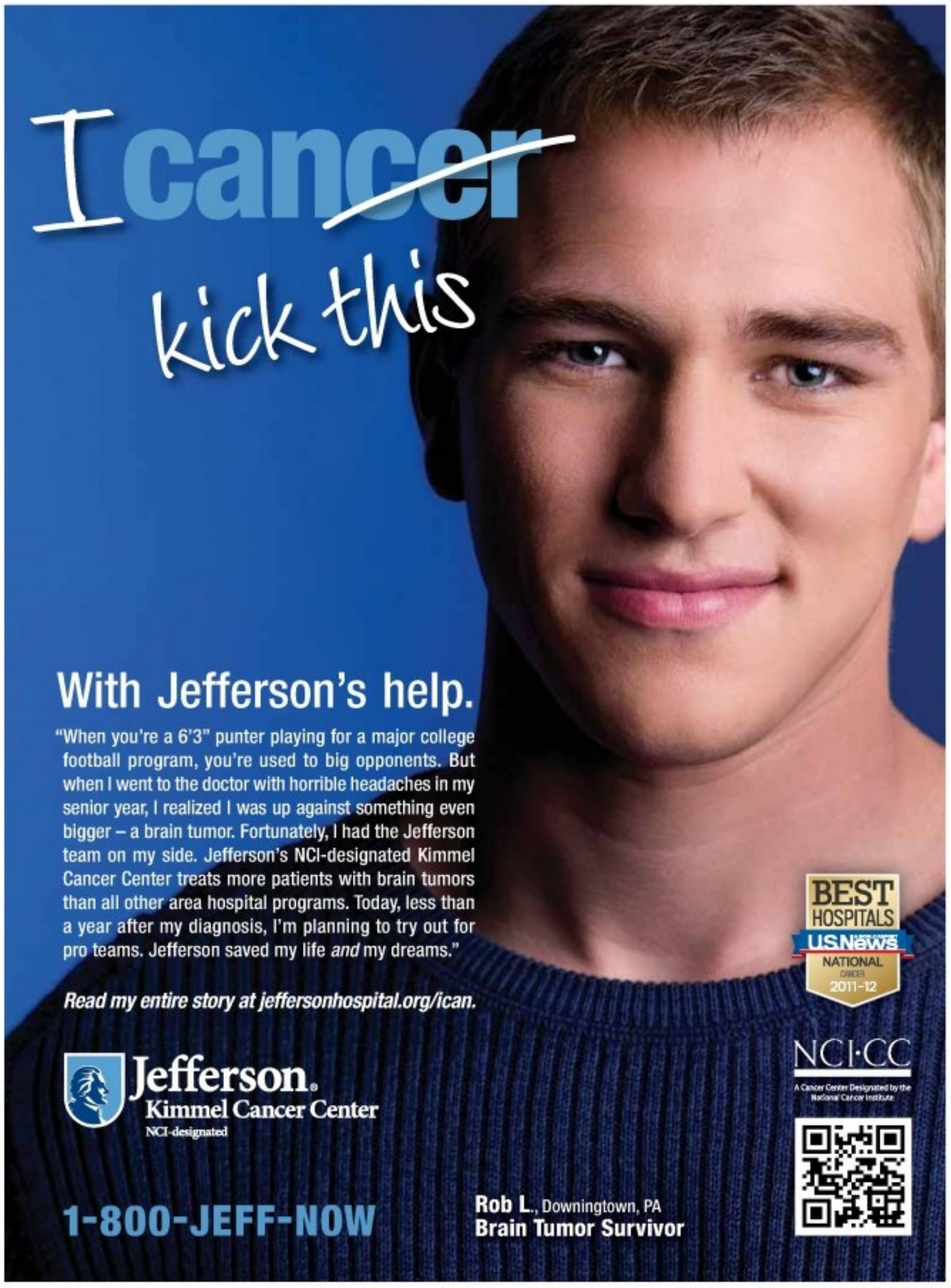
PHILADELPHIA. Two brothers were arrested yesterday for allegedly operating a chop shop operation responsible for stealing and stripping what most likely amounts to hundreds of late-1990s model Honda Accords since August.

The two brothers were allegedly stealing cars, taking catalytic converters, batteries and other materials, police said. METRO/AW

Religious summit at Liacouras

NORTH PHILADELPHIA. Religious leaders and renowned gospel singers will gather at the Liacouras Center tomorrow through Saturday for a summit called "A New Way to Celebrate," officials with the organizer Transformation Ministries said.

The city-based organization said doors open each night at 7 p.m. METRO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RIKARD LARMA/METRO

▶ The city District Attorney called Gosnell's office a "house of horrors."

Wife of 'horrors' doc guilty

Pearl Gosnell, charged along with her husband, abortion doctor Kermit Gosnell, pleaded yesterday

▶ Pearl Gosnell

Pearl Gosnell, the wife of abortion doctor Kermit Gosnell, pleaded guilty today to assisting in late-term abortions at the West Philadelphia clinic, although she is not expected to testify against her husband.

She is the seventh of 10 defendants to plead guilty in the case and not expected to testify due to spousal privilege. Charged with performing an abortion beyond 24 weeks, knowingly participating in a corrupt organization, and two counts of conspiracy, she could have faced up to 54 years in prison if convicted.

She aided her husband in performing abortions on fetuses well beyond 24 weeks on Sundays when the office was officially closed.

According to her testimony to a grand jury, she would "help do the instruments" at the Women's Medical Society, which authorities closed in January.

Trial will be in 2013

Gosnell will remain on house arrest and will be sentenced with the other six defendants who pleaded guilty after the trial, which is scheduled for March 2013.

Kermit Gosnell is charged with eight counts of murder and faces the death penalty if convicted. Eileen O'Neill and Madeline Jo will stand trial with Kermit Gosnell. The judge has ordered an ongoing gag order in the case.

SOLOMON D. LEACH
sleach@metro.us

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Metro Magic toy drive

▶ The toys are filling up our Philadelphia office!

1: Log on to www.metro.us and look for this Metro Magic logo:

2: One click on the logo will take you to a "Wish List" we have set up via a secure link on ToysRUs.com. Once there, you can see all the toys we've already requested with more added daily. Simply select the toys you want and purchase them. That's it!

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▶ If you donate, e-mail us at **charity@metro.us** letting us know what you gave and we'll shout out a "thank you" in the paper!

METRO

Toll Bros. to build around South Street

Tolls Bros. got a green light from the city Planning Commission yesterday for a revised residential project in the Graduate Hospital neighborhood of southern Center City.

The 127-unit development will replace an existing parking garage at 24th and South streets across from Toll Bros.' other residential complex, Naval Square. It is expected to further enhance a former industrial area that has seen significant residential growth.

GET MORE METRO ONLINE: WWW.METRO.US

The approved plan contains less density than a previous plan that concerned some neighbors. It also includes commercial space on 24th Street.

"We're pleased that basically everyone's on board now," said Toll Bros. attorney Brett Feldman.

The plans call for a five-story condo building with 59 units on 24th Street and 68 town homes broken into 34 buildings on South Street and Bainbridge Street. Parking for the condos will consist of indoor and surface parking, while the town homes will feature garages.

When asked when construction might begin, Feldman said developers "would like to start as soon as possible."

SOLOMON D. LEACH
sleach@metro.us

▶ The project still needs Zoning Board of Adjustment approval.

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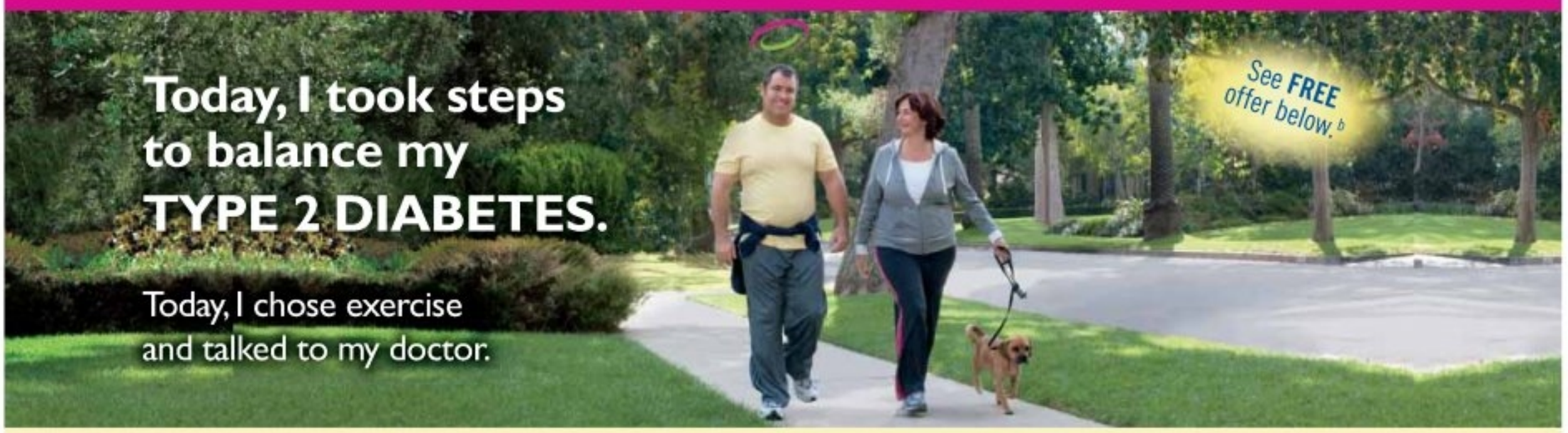
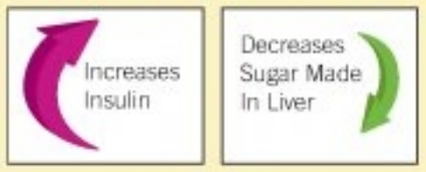


JANUVIA works to lower blood sugar in 2 ways. Talk to your doctor about JANUVIA today.



- **JANUVIA is a once-daily prescription pill that helps your body increase the insulin made in your pancreas and decrease the sugar made in your liver.**
- **Along with diet and exercise, JANUVIA helps lower blood sugar levels in adults with type 2 diabetes.**
- **JANUVIA is not likely to cause weight gain or low blood sugar (hypoglycemia).**

JANUVIA (jah-NEW-vee-ah) should not be used in patients with type 1 diabetes or with diabetic ketoacidosis (increased ketones in the blood or urine). If you have had pancreatitis (inflammation of the pancreas), it is not known if you have a higher chance of getting it while taking JANUVIA.

Selected Risk Information About JANUVIA: Serious side effects can happen in people who take JANUVIA, including pancreatitis, which may be severe and lead to death. Before you start taking JANUVIA, tell your doctor if you've ever had pancreatitis. Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

Do not take JANUVIA if you are allergic to any of its ingredients, including sitagliptin. Symptoms of serious allergic reactions to JANUVIA, including rash, hives, and swelling of the face, lips, tongue, and throat that may cause difficulty breathing or swallowing, can occur. If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away.

Kidney problems, sometimes requiring dialysis, have been reported.

If you take JANUVIA with another medicine that can cause low blood sugar (hypoglycemia), such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include headache, drowsiness, weakness, dizziness, confusion, irritability, hunger, fast heart beat, sweating, and feeling jittery.

Your doctor may do blood tests before and during treatment with JANUVIA to see how well your kidneys are working. Based on these results, your doctor may change your dose of JANUVIA. The most common side effects of JANUVIA are upper respiratory tract infection, stuffy or runny nose and sore throat, and headache.

Call 1-888-JANUVIA or visit Januvia.com.

You are encouraged to report negative side effects of prescription drugs to the FDA. Visit www.fda.gov/medwatch, or call 1-800-FDA-1088.

[a]Fingertip Formulary, LLC, June 2011.

Please see the Medication Guide on the next page and discuss it with your doctor.

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Januvia® (sitagliptin) tablets

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[b]**Terms and conditions apply. Please see next page.**

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2. Get a free 30-day trial supply of JANUVIA if your doctor says it's right for you.
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JANUVIA is a prescription medication. Only your health care provider can decide if JANUVIA is right for you.
How this voucher works:
- This voucher can be used 1 time before the expiration date.
- To receive your free 30-day trial supply of JANUVIA, take this voucher with your valid signed prescription to any participating eligible retail pharmacy (certain restrictions apply).
- There is no requirement to purchase any product or service to receive your free 30-day trial supply of JANUVIA.
- Restrictions apply. **Please see Terms and Conditions on the back of this voucher.**
- **Expiration Date: 06/30/2012**

Prescriber
To initiate a free 30-day trial supply for an appropriate patient, you should:
- **Read the Prescribing Information before prescribing JANUVIA.**
- Write a prescription for up to 30 tablets of JANUVIA. No substitutions are permitted.
- Refills are not required and there are no requirements to purchase any product or service to use this voucher. If you want your patient to continue taking JANUVIA beyond the free trial period, please write a separate prescription based on your recommended therapy.
- Fill in the dose on this voucher.
- Give the valid signed prescription and this voucher to the patient along with the Medication Guide for JANUVIA.
- Eligible patients can take this voucher and the prescription to any participating eligible retail pharmacy to receive their free 30-day trial supply.
- For additional copies of the Prescribing Information, call 800-672-6372, visit Januvia.com, or contact your Merck representative.

Pharmacist
- Only 1 voucher may be used per patient. Voucher may not be transferred to another patient.
- There is no requirement for patient to purchase any product or service and refills are not required.
- Please ensure that the medication and dosage strength selected match the medication and dosage strength on the prescription.
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Medication Guide

JANUVIA® (jah-NEW-vee-ah) (sitagliptin) Tablets

Read this Medication Guide carefully before you start taking JANUVIA and each time you get a refill. There may be new information. This information does not take the place of talking with your doctor about your medical condition or your treatment. If you have any questions about JANUVIA, ask your doctor or pharmacist.

What is the most important information I should know about JANUVIA?

Serious side effects can happen in people taking JANUVIA, including inflammation of the pancreas (pancreatitis) which may be severe and lead to death.

Certain medical problems make you more likely to get pancreatitis.

Before you start taking JANUVIA:

Tell your doctor if you have ever had

- pancreatitis
- stones in your gallbladder (gallstones)
- a history of alcoholism
- high blood triglyceride levels
- kidney problems

Stop taking JANUVIA and call your doctor right away if you have pain in your stomach area (abdomen) that is severe and will not go away. The pain may be felt going from your abdomen through to your back. The pain may happen with or without vomiting. These may be symptoms of pancreatitis.

What is JANUVIA?

- JANUVIA is a prescription medicine used along with diet and exercise to lower blood sugar in adults with type 2 diabetes.
- JANUVIA is not for people with type 1 diabetes.
- JANUVIA is not for people with diabetic ketoacidosis (increased ketones in your blood or urine).
- If you have had pancreatitis (inflammation of the pancreas) in the past, it is not known if you have a higher chance of getting pancreatitis while you take JANUVIA.
- It is not known if JANUVIA is safe and effective when used in children under 18 years of age.

Who should not take JANUVIA?

Do not take JANUVIA if:

- you are allergic to any of the ingredients in JANUVIA. See the end of this Medication Guide for a complete list of ingredients in JANUVIA.

  Symptoms of a serious allergic reaction to JANUVIA may include:
  - rash
  - raised red patches on your skin (hives)
  - swelling of the face, lips, tongue, and throat that may cause difficulty in breathing or swallowing

What should I tell my doctor before taking JANUVIA?

Before you take JANUVIA, tell your doctor if you:

- have or have had inflammation of your pancreas (pancreatitis).
- have kidney problems.
- have any other medical conditions.
- are pregnant or plan to become pregnant. It is not known if JANUVIA will harm your unborn baby. If you are pregnant, talk with your doctor about the best way to control your blood sugar while you are pregnant.

  Pregnancy Registry: If you take JANUVIA at any time during your pregnancy, talk with your doctor about how you can join the JANUVIA pregnancy registry. The purpose of this registry is to collect information about the health of you and your baby. You can enroll in this registry by calling 1-800-986-8999.
- are breast-feeding or plan to breast-feed. It is not known if JANUVIA will pass into your breast milk. Talk with your doctor about the best way to feed your baby if you are taking JANUVIA.

Tell your doctor about all the medicines you take, including prescription and non-prescription medicines, vitamins, and herbal supplements.

Know the medicines you take. Keep a list of your medicines and show it to your doctor and pharmacist when you get a new medicine.

How should I take JANUVIA?

- Take JANUVIA 1 time each day exactly as your doctor tells you.
- You can take JANUVIA with or without food.
- Your doctor may do blood tests from time to time to see how well your kidneys are working. Your doctor may change your dose of JANUVIA based on the results of your blood tests.
- Your doctor may tell you to take JANUVIA along with other diabetes medicines. Low blood sugar can happen more often when JANUVIA is taken with certain other diabetes medicines. See **"What are the possible side effects of JANUVIA?"**.
- If you miss a dose, take it as soon as you remember. If you do not remember until it is time for your next dose, skip the missed dose and go back to your regular schedule. Do not take two doses of JANUVIA at the same time.
- If you take too much JANUVIA, call your doctor or local Poison Control Center right away.
- When your body is under some types of stress, such as fever, trauma (such as a car accident), infection or surgery, the amount of diabetes medicine that you need may change. Tell your doctor right away if you have any of these conditions and follow your doctor's instructions.
- Check your blood sugar as your doctor tells you to.
- Stay on your prescribed diet and exercise program while taking JANUVIA.
- Talk to your doctor about how to prevent, recognize and manage low blood sugar (hypoglycemia), high blood sugar (hyperglycemia), and problems you have because of your diabetes.
- Your doctor will check your diabetes with regular blood tests, including your blood sugar levels and your hemoglobin A1C.

What are the possible side effects of JANUVIA?

Serious side effects have happened in people taking JANUVIA.

- See **"What is the most important information I should know about JANUVIA?"**.
- **Low blood sugar (hypoglycemia).** If you take JANUVIA with another medicine that can cause low blood sugar, such as a sulfonylurea or insulin, your risk of getting low blood sugar is higher. The dose of your sulfonylurea medicine or insulin may need to be lowered while you use JANUVIA. Signs and symptoms of low blood sugar may include:
  - headache
  - drowsiness
  - weakness
  - dizziness
  - confusion
  - irritability
  - hunger
  - fast heart beat
  - sweating
  - feeling jittery
- **Serious allergic reactions.** If you have any symptoms of a serious allergic reaction, stop taking JANUVIA and call your doctor right away. See **"Who should not take JANUVIA?"**. Your doctor may give you a medicine for your allergic reaction and prescribe a different medicine for your diabetes.
- **Kidney problems,** sometimes requiring dialysis

The most common side effects of JANUVIA include:

- upper respiratory infection
- stuffy or runny nose and sore throat
- headache

JANUVIA may have other side effects, including:

- stomach upset and diarrhea
- swelling of the hands or legs, when JANUVIA is used with rosiglitazone (Avandia®). Rosiglitazone is another type of diabetes medicine.

These are not all the possible side effects of JANUVIA. For more information, ask your doctor or pharmacist.

Tell your doctor if you have any side effect that bothers you, is unusual or does not go away.

Call your doctor for medical advice about side effects. You may report side effects to FDA at 1-800-FDA-1088.

How should I store JANUVIA?

Store JANUVIA at 68°F to 77°F (20°C to 25°C).

Keep JANUVIA and all medicines out of the reach of children.

General information about the use of JANUVIA

Medicines are sometimes prescribed for purposes that are not listed in Medication Guides. Do not use JANUVIA for a condition for which it was not prescribed. Do not give JANUVIA to other people, even if they have the same symptoms you have. It may harm them.

This Medication Guide summarizes the most important information about JANUVIA. If you would like to know more information, talk with your doctor. You can ask your doctor or pharmacist for additional information about JANUVIA that is written for health professionals. For more information, go to www.JANUVIA.com or call 1-800-622-4477.

What are the ingredients in JANUVIA?

Active ingredient: sitagliptin.

Inactive ingredients: microcrystalline cellulose, anhydrous dibasic calcium phosphate, croscarmellose sodium, magnesium stearate, and sodium stearyl fumarate. The tablet film coating contains the following inactive ingredients: polyvinyl alcohol, polyethylene glycol, talc, titanium dioxide, red iron oxide, and yellow iron oxide.

What is type 2 diabetes?

Type 2 diabetes is a condition in which your body does not make enough insulin, and the insulin that your body produces does not work as well as it should. Your body can also make too much sugar. When this happens, sugar (glucose) builds up in the blood. This can lead to serious medical problems.

High blood sugar can be lowered by diet and exercise, and by certain medicines when necessary.

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Mentor or molester?

That's the question headed to a jury in the criminal case of former Penn State coach Jerry Sandusky His attorney waived a preliminary hearing But the suspect, defense lawyer and alleged victim talked

GETTY IMAGES

▶ Former Penn State assistant football coach Jerry Sandusky arrives with his wife Dottie at Centre County Courthouse in Bellefonte yesterday.

Mentor to underprivileged children or serial child molester? For ex-Penn State football coach Jerry Sandusky, a jury may now decide.

Sandusky, who masterminded fearsome defenses at Pennsylvania State University for 23 years, shocked a packed courtroom yesterday with his own defensive move: He waived his preliminary hearing, which means that he now goes straight to trial on 52 counts of child molestation.

Reaching for a football metaphor, the 67-year-old former coach told reporters: "We fully intend to put together the best possible defense that we can do, to stay the course, to fight for four quarters."

The courtrooms and jail cells where Sandusky has been since he was charged in early November are far from the high-pressure world of big-time college football, where he ran with the winners.

32
Number of years Sandusky spent as assistant coach at Penn State alongside Joe Paterno. Sandusky retired in 1999.

And he lavished the perks of his success on young boys. He started a charity, The Second Mile, to help needy children and often befriended boys, giving them presents and access to the glamour of sports that even rich kids could only dream of.

In his 2001 autobiography, "Touched," Sandusky describes how he and his wife, Dottie, also adopted one of those boys from The Second Mile, his youngest son Matt, whom Sandusky met through the charity when the boy was 7 or 8 years old.

Sandusky now faces 52 grand jury counts of sexual abuse of 10 young boys recruited from The Second Mile.

If convicted on all counts, Sandusky could be sentenced to more than 500 years in prison. He has denied any wrongdoing and is free on $250,000 bail.

Known for his animated sideline behavior, Sandusky reveled in his image as a spontaneous coach with a wild side.

"I thrived on testing the limits of others and I enjoyed taking chances in danger," Sandusky wrote in his autobiography of a personality trait that began as a boy. REUTERS

'Tactical measure' delays accuser testimony

Former Penn State football coach Jerry Sandusky on Tuesday abruptly waived his right to a preliminary hearing on child sex abuse charges, delaying by several months the first public testimony from his accusers.

Sandusky, 67, has maintained his innocence on 52 charges of molesting 10 boys over more than a decade.

"We are not in any way conceding guilt. Today's decision was a tactical measure," Joe Amendola, Sandusky's defense attorney, told reporters outside the courtroom.

The waiver was the latest twist in a scandal that shook the prestigious university in central Pennsylvania and prompted a string of investigations into how football culture at Penn State might have contributed to the scandal and its fallout.

The case will now head to trial, but the date could be set for months or even over a year away. REUTERS

You're just going to have to call ... a gay sex line?

Sandusky's defense attorney, Joseph Amendola, managed to steal his own slice of the spotlight yesterday — and is probably looking for a way out.

His latest gaffe occurred as he stood in front of the assembled media — hundreds of reporters and their cameramen from across the country — following Sandusky's court appearance yesterday morning at Centre County Courthouse.

Disputing the grand jury testimony of Penn State assistant Mike McQueary that McQueary witnessed Sandusky raping a 10-year-old boy in the Penn State showers, Amendola addressed anyone who believed McQueary and said, "I suggest you dial 1-800-REALITY."

Deadspin, part of the Gawker media empire, followed his advice and found that dialing 1-800-REALITY connects callers to a gay sex line.

Those who dial the number are greeted with a recording:

"Hey guys, welcome to the hottest place for triple-X action. Get ready for bulging, bursting pleasure with horny gay, bi and bi-curious studs. Just 99 cents per minute for voice personals and amateur talk — and only $2.99 per minute for live, one-on-one talk with a hot guy who will do anything you want."

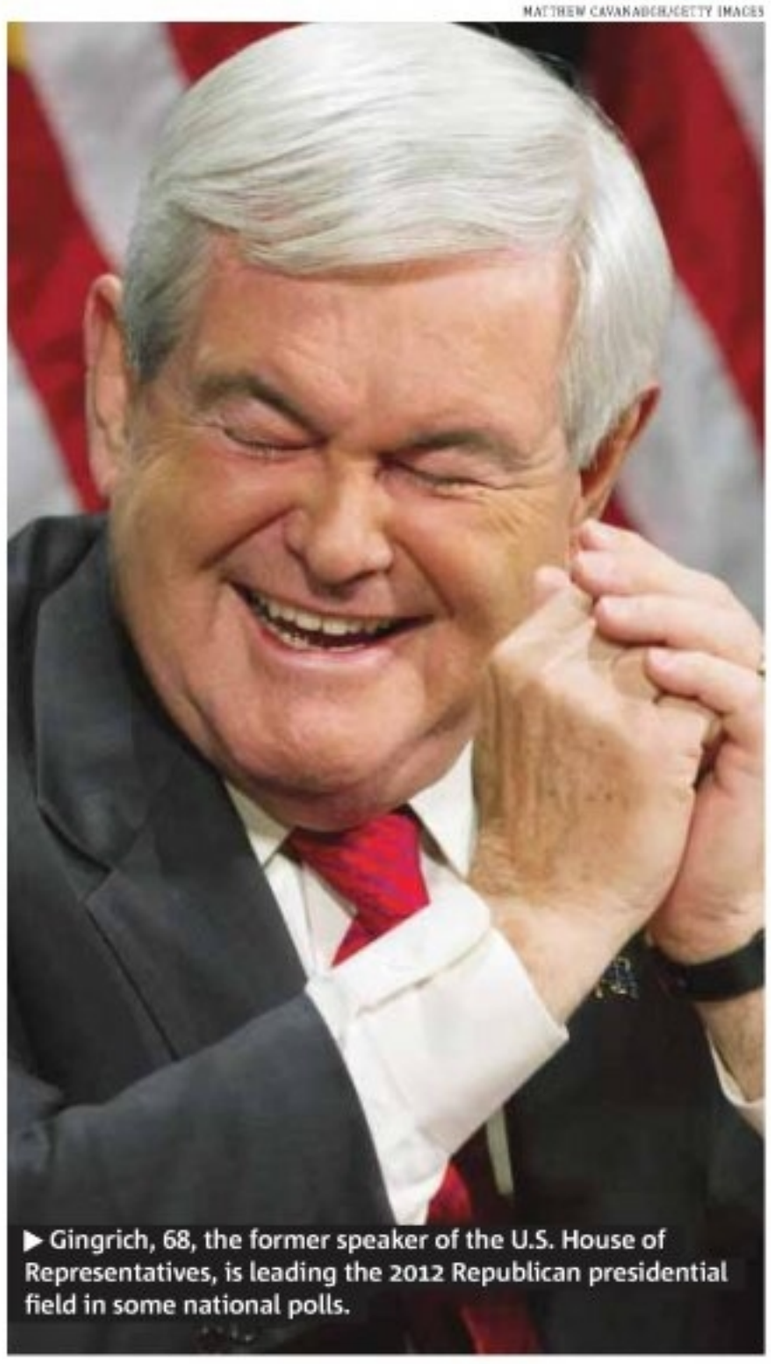
Amendola's verbal flippancy is just another in a line of potential misfires when it comes to disputing charges that his client has a history of sexually assaulting young boys.

NATE JONES

Other mishaps

The sex-line mishap is just the latest in a long line of completely mystifying behavior by Amendola. Not only did he allow Sandusky to take part in a bizarre interview with Bob Costas in which the former Penn State coordinator admitted to naked "horsing around" with children, but he also appeared on Costas' show himself, discussing his own history of sexual relationships with teenagers.

MATTHEW CAVANAUGH/GETTY IMAGES



▶ Gingrich, 68, the former speaker of the U.S. House of Representatives, is leading the 2012 Republican presidential field in some national polls.

Gingrich's tax plan a budget bomb: Report

◐ Tax group says plan by GOP front-runner would add $1.3T to deficit ◐ Cuts across the board — most for rich

The economic plan proposed by Republican presidential candidate Newt Gingrich would provide huge tax cuts for the rich and add $1.3 trillion to the U.S. budget deficit in 2015 alone, according to an analysis by the nonpartisan Tax Policy Center.

The figures compare the federal government's take under Gingrich's proposal with projected U.S. revenue if current tax law ran its course and existing income tax cuts expired.

The analysis finds that Gingrich's plan would cut taxes for 70 percent of households and reduce rates for the highest earners compared with what they pay now.

Gingrich's plan would create an optional 15 percent flat tax with a per-person deduction of $12,000. He would drop the corporate tax rate to 12.5 percent from 35 percent, allow businesses to write off capital expenses and eliminate taxes on capital gains and estates, according to his website.

People earning more than $1 million a year would receive an average tax cut of $613,689 in 2015, compared with what they pay now. That change would boost their after-tax income by 28.7 percent and put their average tax rate at 11.9 percent.

Gingrich's main rival for the Republican nomination, former Massachusetts Gov. Mitt Romney, has proposed extending current tax rates, cutting the corporate rate to 25 percent and eliminating taxes on investment income for households earning less than $200,000 a year.

BLOOMBERG

Word power

The number of times legislators mentioned words like "unemployment" and "jobless" dropped considerably this year compared to 2010, according to data from CapitolWords.org.

- The word "jobless" has been uttered just 87 times this year, less than half the number of times it was last year.
- This is particularly startling when you compare it to a very similar phrase with a much different meaning: "job creators." That phrase was said as many as nearly 145 times in a single month this year, more times than "jobless" was said in the entire year.

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Quoted

"It blows a huge hole in the deficit."

ROBERTON WILLIAMS, SENIOR FELLOW AT THE TAX POLICY CENTER

Retail sales growth weak in November

◐ Casts doubt on prolific holiday shopping season ◐ Fed warns market turbulence poses threat to future

Retail sales grew at their slowest pace in five months in November, tempering expectations for a strong holiday shopping season.

Retail sales increased a weaker-than-expected 0.2 percent after gaining 0.6 percent in October, a Commerce Department report showed yesterday.

Relatively strong consumer spending in recent months has helped the United States resist a global slowdown fed by Europe's still menacing debt crisis.

$2.4T
Drop in household wealth so far this year, which is likely affecting consumer spending.

A separate report showed U.S. business inventories rose in October by the most in five months, pointing to stronger growth as companies restock shelves to meet consumer demand.

Indeed, November's cooler retail data looked unlikely to rekindle fears of an imminent recession, and Federal Reserve policymakers meeting on Tuesday did not unveil any major policy shifts. The Fed did, however, say financial market turbulence posed a threat to economic growth.

Some economists warned that some of the strength in American consumption has come from households saving less, a trend that might not last. Indeed, yesterday's retail data suggested some of that strength might already be waning.

"November's modest rise could ... be the start of a period in which households start to spend more within their means," said Paul Dales, an economist with Capital Economics in London. REUTERS

▶ Shoppers were out on Broadway in New York City yesterday.

There is some good news

Some report details were more heartening. Sales outside autos, gasoline and building materials — which correspond most closely with the consumer spending component of the government's gross domestic product report — rose 0.3 percent in November.

metro MAN AND WOMAN OF THE YEAR 2011

Congresswoman Gabrielle Giffords picked up a lot of votes in Metro's Person of the Year event yesterday — but still lags a long way behind the Occupy movement and Steve Jobs, both of whom received dozens more votes from Metro readers.

To vote:
Send your pick to **mwoty@metro.us**. The choices are Steve Jobs, the Occupy movement, or Congresswoman Gabrielle Giffords. Voting continues now and ends Thursday, Dec. 22, and the winner will be revealed in a special edition Dec. 27.

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LOUAI BESHARA/AFP/GETTY IMAGES

▶ Syrian pro-regime supporters dance in the street.

Deaths pile up in Syria

AMMAN. Security forces killed 17 people in Syria yesterday and rebels killed seven police officers in an ambush, activists said, after the U.N. human rights chief put the death toll from nine months of protest against President Bashar al-Assad at 5,000.

The bloodshed highlighted accelerating violence as an insurgency has begun to overshadow what started as peaceful street protests against Assad's 11-year rule. **REUTERS**

US cuts aid to Pakistan

ISLAMABAD. A U.S. Congressional panel has frozen $700 million in aid to Pakistan until it gives assurances it is helping fight the spread of homemade bombs in the region, a move one Pakistani senator called unwise and likely to strain ties further.

Pakistan is one of the largest recipients of U.S. foreign aid and the cutback announced is only a small proportion of the billions in civil and military assistance it gets each year.

But it could presage even greater cuts. **REUTERS**

Grenades, assault rifle used in Europe kill spree

MICHEL KRAKOWSKI/AFP/GETTY IMAGES

▶ Ambulances and police wait in the Liege, Belgium, area after a gunman attack.

In Belgium, man kills three, wounds 123 others, then takes his own life ◐ Officials say no clear link to terror

A man hurled grenades at a bus stop in the Belgian city of Liege and sprayed gunfire at a square crowded with Christmas shoppers and children yesterday, killing three people and wounding 123 others before fatally shooting himself in the head.

It was not clear what his motive was, but Belgian officials said there was no indication it was an act of terrorism.

Witnesses said the gunman, named as Nordine Amrani, 33, began his attack near the bus stop at Place Saint Lambert, a shopping area and the site of the Christmas market and main courthouse — sending shoppers scattering to flee the bullets.

13

Random killings of this kind are relatively rare in Belgium. Most recently, in January 2009, a man stabbed to death two infants and a woman and injured 13 at a nursery in the town of Dendermonde.

Amrani, released from jail about a year ago after being convicted of possessing weapons illegally, ended it by shooting himself in the head with a handgun, the witnesses said.

"He had a bag. He got a grenade out of his bag. He threw the grenade at the bus stop. Then he had a Kalashnikov [rifle]. He shot in all directions. Then, everyone ran to try to save themselves. Then he got a revolver out and put a bullet in his head," one witness told RTBF radio.

The victims were a 15-year-old boy, who died at the scene, a 17-year-old boy and a 75-year-old woman who died in hospital. A justice official said 123 had been wounded.

Officials said Amrani had been summoned in the morning to appear before police, an appointment he did not make. **REUTERS**

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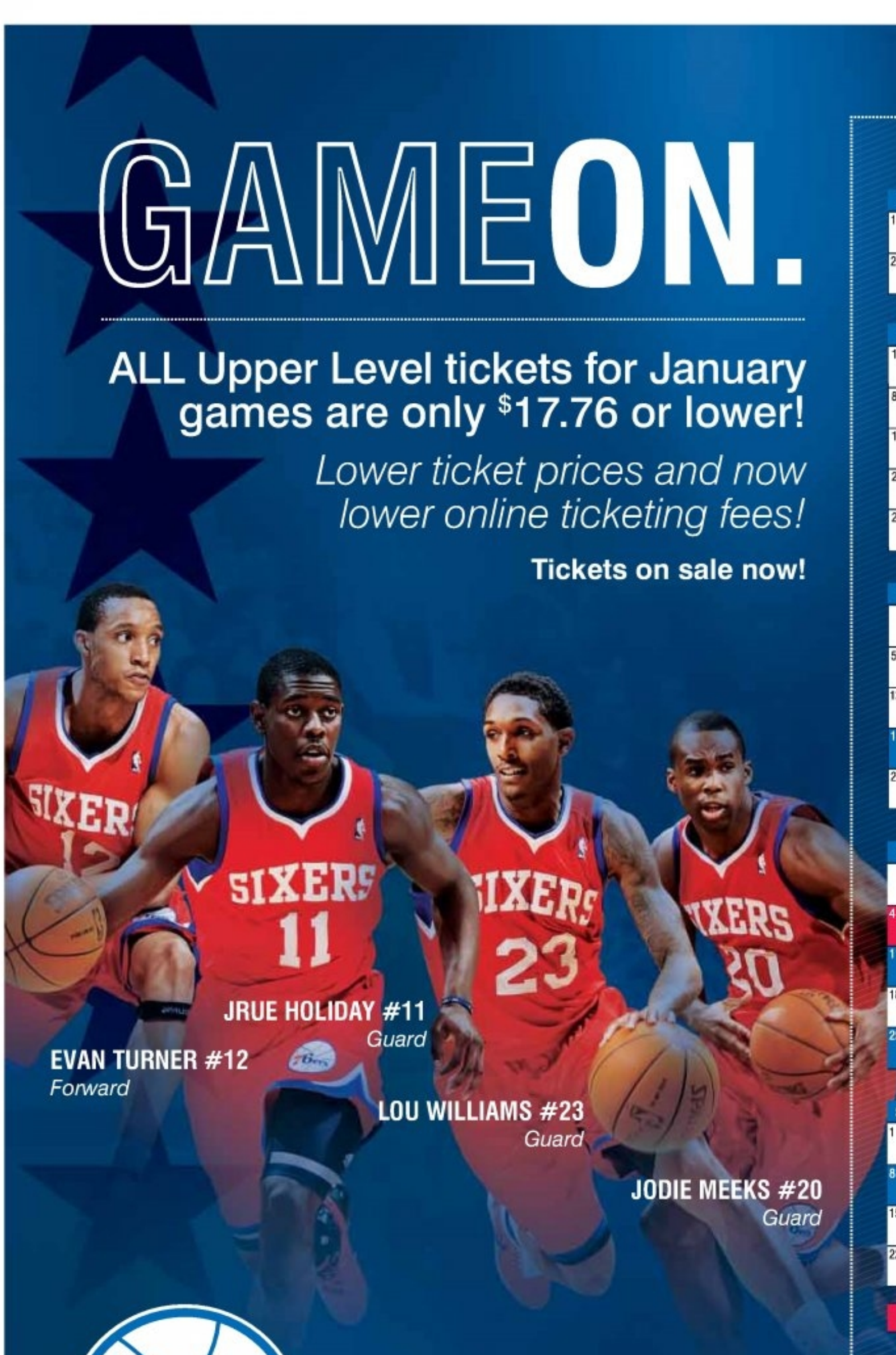

11-12 SCHEDULE

DECEMBER

SUN	MON	TUE	WED	THU	FRI	SAT
18	19	20 WAS 7:00 (Pre-season)	21	22	23	24
25	26 POR 10:00	27	28 PHO 9:00	29	30 UTA 9:00	31 GS 9:00

JANUARY

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3	4 NOH 8:00	5	6 DET 7:00	7 TOR 8:00
8	9 IND 7:00	10 SAC 7:00	11 NY 7:30	12	13 WAS 7:00	14 WAS 7:00
15	16 MIL 2:00	17	18 DEN 7:00	19	20 ATL 7:00	21 MIA 7:30
22	23 WAS 7:00	24	25 NJ 7:00	26	27 CHA 7:00	28 DET 7:00
29	30 ORL 7:00	31				

FEBRUARY

SUN	MON	TUE	WED	THU	FRI	SAT
			1 CHI 7:00	2	3 MIA 7:00	4 ATL 7:00
5	6 LAL 7:00	7	8 SAN 7:00	9	10 LAC 7:00	11 CLE 7:30
12	13 CHA 7:00	14	15 ORL 7:00	16	17 DAL 7:00	18
19 MIN 7:00	20	21 MEM 8:00	22 HOU 8:00	23	24	25
26	27	28 DET 7:30	29 OKC 7:00			

MARCH

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2 GS 8:00	3
4 CHI 7:00	5 MIL 8:00	6	7 BOS 7:00	8	9 UTA 7:00	10
11 NY 12:00	12	13	14 IND 7:00	15	16 MIA 7:00	17 CHI 8:00
18	19 CHA 7:00	20	21 NY 7:00	22	23 BOS 8:00	24
25 SAN 7:00	26	27 CLE 7:00	28	29	30 WAS 7:00	31 ATL 7:30

APRIL

SUN	MON	TUE	WED	THU	FRI	SAT
1	2	3 MIA 7:30	4 TOR 7:00	5	6	7 ORL 8:00
8 BOS 6:00	9	10 NJ 7:30	11 TOR 7:00	12	13 NJ 7:00	14
15	16 ORL 7:00	17 IND 7:00	18 CLE 7:00	19	20	21 IND 7:00
22	23 NJ 7:30	24	25 MIL 8:00	26 DET 8:00	27	28

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THE WORD

Metro's **Monica Weymouth** shares her take on the world of gossip @monicaatmetro monica.weymouth@metro.us

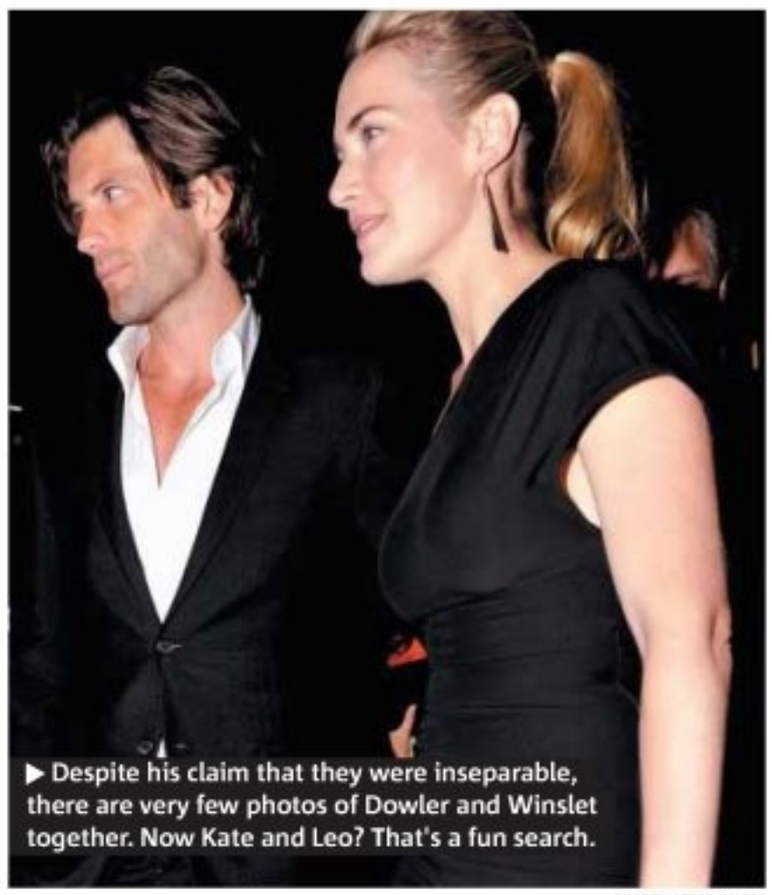
– Dorothy Robinson will return tomorrow.

Louis Dowler's heart won't go on

When it comes to breakups, we feel bad for the rich, famous, beautiful and otherwise gossip-worthy. Because while **Louis Dowler** may be a male model who once had the pleasure of dating **Kate Winslet**, he also had an eager audience when he was ready to whimper about their ending. (Weren't aware that these two even happened? The annoyingly good-looking pair dated after Winslet divorced director **Sam Mendes** and before she moved on to **Ned Rocknroll**, **Richard Branson**'s nephew.)

"I don't think Kate behaved well and it is still very raw for me," Dowler tells the Daily Mail. "I was in love with her, and you can't switch that off overnight. I'm not sure Kate treated me well. She met my parents and family. I thought we were inseparable. I certainly haven't found anyone else since."

Inseparable because she met your parents? We get that it's tough being a rebound guy when the world is watching and you lose out to someone named "Rocknroll." But come on, Louis. This chick pushed **Leonardo DiCaprio** and his frozen eyelashes right into the depths of the Atlantic. Kate Winslet doesn't bring pretty boys on the lifeboat.



▶ Despite his claim that they were inseparable, there are very few photos of Dowler and Winslet together. Now Kate and Leo? That's a fun search.

PHOTOS: GETTY IMAGES

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Mueller goes to for-real rehab

Brooke Mueller has abandoned plans to do outpatient rehab and will instead check in to a full-time center after being arrested for possession of cocaine last week, reports TMZ.

"Brooke will retain custody of the children, who will remain in their home and familiar surroundings and be under the care of their longtime nanny. Charlie and Brooke's parents fully support her decision, and everyone recognizes the importance of maintaining the children's normal routine," her rep tells the site.

This would make us feel a lot better if the Charlie in question wasn't **Charlie Sheen**.

The feed ...

Checking in with some of Hollywood's biggest names to see what they've been up to — in their own words, in 140 characters or fewer.

Today, Kirstie Alley is looking to make headlines, Hank Azaria is keeping track of local culinary trends, Steve Martin is not impressed and Katy Perry has upgraded.

▶ **@kirstiealley:** I think people gossip because their own lives are un-gossip worthy...Live a gossip worthy life...;)

▶ **@HankAzaria:** In my hometown there was a fondue place that later became a crepe place. Then it became a french toast palace. The first 2 facts are true.

▶ **@SteveMartin ToGo:** NEWS: Discovery of a black hole the size of nearly 10 billion Suns. Oh, please. Yawn. I'm nominated for a Grammy.

▶ **@katyperry:** Made the switch to iPhone ... now just waiting to grow thumbs...

Katy Perry

Talking points

Blake and Ryan: The cuddle report

Blake Lively and **Ryan Reynolds** were reportedly "very cuddly" during a midmorning double date in NYC recently with Lively's older sister and brother-in-law, according to Us Weekly. The "Green Lantern" co-stars and happy couple were "poking each other, giggling and even seen leaning on each other in the booth," a source says.

▶ Theron

Charlize living the single life

Thanks to a succession of long-term relationships, **Charlize Theron** has managed to avoid the rigors of dating. "I don't think I've actually been on a date with somebody I didn't know. I've been on dates with my boyfriend, of course, but I've never really dated," she says, according to the Daily Mail. "I've been in serious relationships from the time I was 19, and I'm single for the first time in my life since then. I had to make a real conscious effort to rediscover myself and it's hard. I'm a creature who has really found her comfort in relationships."

Sandra conflicted on Christmas

Sandra Bullock is torn over what sort of Christmas to give her 2-year-old adopted son, Louis. "The less you give, the less they'll expect. And that way, if I give him nothing, he won't remember and he won't expect it next year and it's cheaper," Bullock tells Access Hollywood of the more frugal option. On the other hand: "I want the photo ops to be really great because he's not going to remember it, but he'll remember it by the photos and when he's 16 and says, 'I hate you — you're a horrible mother,' I'll go,

▶ Bullock

'Do you see this Christmas? Do you see that I got you that life-size lion? Shut up! Get in your room and do your homework. I was a good mother then.'"

myentertainment

Make way for the movie stars

1 Mary-Louise Parker — along with Tiffany & Co., Environmental Media Association and LA Conservation Corps — unveiled the latest in garden programs at Marvin Avenue Elementary School in Los Angeles, Calif., on Monday.

2 Zac Efron was spotted at Narita International Airport in Narita, Japan, yesterday. The "High School Musical" star was promoting his latest movie, "New Year's Eve."

3 Paula Patton and Tom Cruise attended the Spanish premiere of "Mission: Impossible — Ghost Protocol" in Madrid, Spain, on Monday.

4 Rooney Mara and Daniel Craig, who play the leads in the upcoming thriller "The Girl With The Dragon Tattoo," attended the world premiere of the film at Odeon Leicester Square in London, England, on Monday.

5 Scarlett Johansson attended the "We Bought A Zoo" premiere at Ziegfeld Theatre in New York City on Monday. The comedy-drama is due for release next Friday.

1: JASON MERRITT/GETTY IMAGES FOR TIFFANY & CO.
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$19,999

BAD CREDIT

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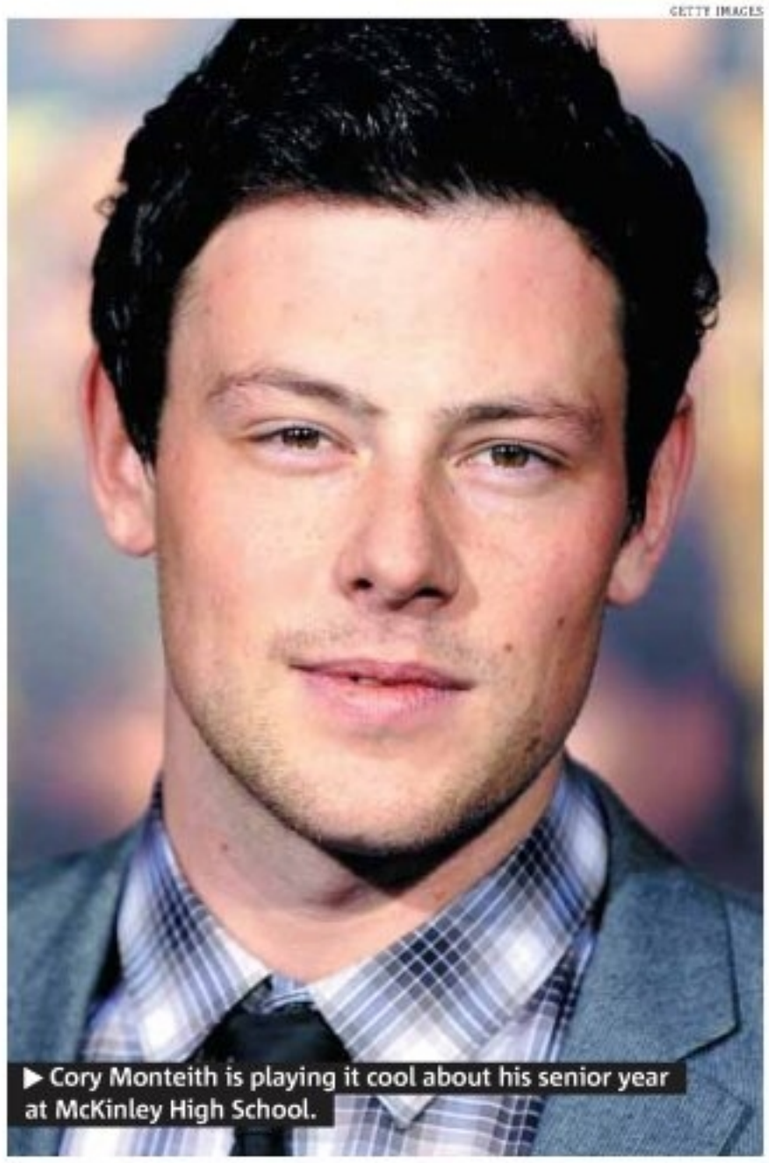

▶ Cory Monteith is playing it cool about his senior year at McKinley High School.

No rush to graduate for this senior Gleek

Cory Monteith's character may be in his last year, but he's not ready to leave the halls of 'Glee' just yet

After a bumpy — and highly criticized — second season, "Glee" looks to be back on track, and according to series star Cory Monteith, a lot of that has to do with how the show is choosing its music.

What kind of music are they giving you for your character?
Oh, man I'm so excited. There is one song that I cover that is typically like a female vocalized-pop song from the '80s, and it has been pared down into this acoustic-slow-piano wonderful ballad, almost. They have done some really great stuff with music this season especially. It's really influenced and inspired by the storylines. Whereas before, last season, we did tribute episodes.

Are you saying last season they did a lot of stuff that was more current just because they could?
Right. I feel that in the second season we got the opportunity to do whatever artist we wanted to cover because the show was big, and so there was a lot of very kind of larger-than-life numbers and things.

There is a lot of talk about what happens to characters like yours, that are seniors, after they graduate this year.
It's been, you know, discussed that "Glee" cast members will graduate, but I really don't know when. It is kind of a great ride for me right now so I'm kind of excited to be, you know, "You want to make me a two-year senior? OK, cool." If I graduate, you know, then I move on to do other things.

NED EHRBAR
METRO WORLD NEWS IN LOS ANGELES

Moving on

Do you have any plans for after "Glee"?

Yeah, I'm producing a film for Fox. Now it is a script in development. I'm one of two producers, and it would be like an ensemble workplace comedy — that's what I'd call it. It is very exciting. It's in development now. There are a couple other indie movies and things like that. I'm trying to do as much as I can without kind of detracting from what I'm doing on the show.

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Oswalt: 'Good times can keep happening, just not the same ones'

Comedian, author and actor Patton Oswalt warns of the dangers of nostalgia Why the 'Young Adult' star hired an acting coach, but isn't quite hoping for an EGOT

"How f—ing amazing was she in this movie?" Patton Oswalt asks breathlessly when one of Charlize Theron's particularly harrowing scenes in "Young Adult" is mentioned. Theron is, indeed, amazing. But really, this film — written by Diablo Cody, directed by Jason Reitman and co-starring Oswalt — is

FOR THE COMPLETE INTERVIEW, VISIT WWW.METRO.US/MOVIES

overloaded with talent. Playing the impromptu sidekick to a woman on a mission to seduce her former high school boyfriend, who's now married, Oswalt went to great lengths to get his character right. He even hired an acting coach to tackle the role, which is something quite different from what he's used to in his stand-up career or previous film and TV appearances. The multi-hyphenate spoke to Metro in an exclusive interview about Generation X and the dan-

▶ Patton Oswalt stars in "Young Adult," in theaters now.

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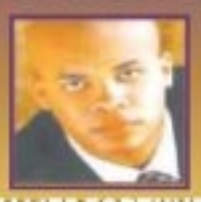
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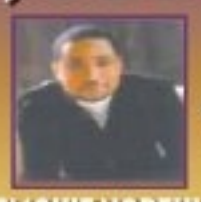
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gers of nostalgia.

You used an acting coach for the first time with this role. Why did you think this character merited that kind of preparation?

Because the script was so good, but there was so much nuance and so much of a delicate tightrope back and forth between despair and humor. The humor never came out of "let's stick a joke here." [It] came out of real human behavior. I had this mix of exhilaration for being offered the script and then terror. I didn't want to do wrong by it, because it was so well-written.

Both you and Cody fit so many pop culture references into your work. How do your viewpoints relate?

"Juno" was, whether you like it or not, a pretty accurate depiction of how young people talk to each other. ... ["Young Adult"] is more about Gen X getting older and what do they have to jettison and what do they still hold on to? I think they remember being so self-conscious about people that were baby boomers and how stupid they sounded using their old slang. Now they're almost overthinking, "Do I say the stuff I used to say?" Like it or not, it is a very accurate portrait of "this is how Gen X gets older." If you thought the baby boomers grew old in a really clumsy way, wait till you see how we do it.

You've released comedy albums and a book ("Zombie Spaceship Wasteland"), and there's awards buzz for this performance. Do you aspire to achieve an EGOT (Emmy, Grammy, Oscar, Tony)?

[Laughs] I just want to keep doing creative work. Obviously, I want to write, I want to do comedy. I want to do films and TV. I mean, of course I'd love an Oscar nomination. Obviously, getting a nomination would help me get more work. That is true. And also, I'd love to go to the Oscars.

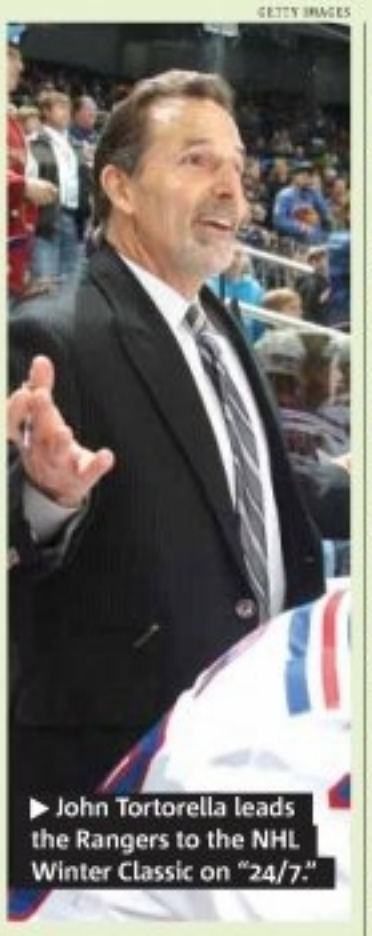
HEIDI PATALANO
heidi.patalano@metro.us

TV watch list

'24/7 Flyers/ Rangers: Road to the NHL Winter Classic'

REALITY. HBO takes an inside-the-locker-room look at the New York Rangers and Philadelphia Flyers as they prepare to face off in the NHL's annual outdoor game, the Winter Classic on Jan. 2. Last season's Winter Classic edition of "24/7" — featuring the Washington Capitals and the Pittsburgh Penguins — was reality television of the most fascinating variety, revealing athletes in an intimate portrait rarely seen. Caps coach Bruce Boudreau as an unexpected scene-stealer (see: his hilarious quest for Haagen-Dazs at the mall) was a bonus; we're betting on outspoken Rangers coach John Tortorella to have the honors this go-round.**Season premiere, 10 p.m., HBO**

GETTY IMAGES


▶ John Tortorella leads the Rangers to the NHL Winter Classic on "24/7."

'Barbara Walters Presents: The 10 Most Fascinating People of 2011'

SPECIAL. Kim Kardashian and Pippa Middleton are on Barbara Walters' list. So let's get this straight: You're "fascinating" if you're involved in a high-profile wedding and have captured the public's attention with your butt? What lofty standards, America. **9:30 p.m., ABC**

'Psych'

COMEDY. Shawn and Juliet's romantic getaway is interrupted by a robbery — and a dead body. Does traveler's insurance cover that? Jason Priestley and Jennifer Finnigan guest star as a couple contributing to the trouble. **10 p.m., USA**

AMBER RAY

Quoted

"You have to keep moving forward because a big part of life is loss. Things fall away and it's very childish to turn away from that."
PATTON OSWALT

Q&A

Much of the film has to do with sentimentality and trying to bring the past into the present. Are you ever tempted to do that?

▶ I think Frank Zappa said, "Some day, we're all going to die of nostalgia." You have to keep moving forward because a big part of life is loss. Things fall away and it's very childish to turn away from that. I have mixed feelings about it. If you want the same good times to keep happening, that's what's dangerous. Good times can keep happening, just not the same ones. If you expect to be the same person having the same good time, then that's also really dangerous.

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mystyle

The miracle cream debate

- It's no longer enough for makeup to perform one function
- But are beauty brands misleading women?

The best of the popular multitaskers are Lancome Teint Renergie Lift R.A.R.E., left, By Terry Hyaluronic Face Glow, right, and Clinique Pore Refining Solutions Instant Perfector, far right.

Makeup is a complicated affair. You have a zit that needs covering, but the concealer only makes the breakout worse. Or your pores are the size of golf balls, but the finely milled powder you splurged on just makes them look twice as big.

For the past year, science has been increasingly blurring the lines between makeup and skin care with products that address aging, sun protection, acne breakouts and redness, all in one shot. You know the products: a foundation that simultaneously covers flaws, evens skin tone and reduces signs of wrinkles, for example, or a concealer that blocks the sun, controls oil and clears up acne. But is the kill-three-skin-flaws-with-one-cream approach the best solution, or are single-use products still the best way to go?

Mary Schook, a makeup artist and skin care guru, is on the fence. "I think it's kind of like those all-in-one shampoo/conditioners. You can use them, but you still get the best results by using a separate shampoo and separate conditioner," she says.

Dermatologist Dr. Doris Day, meanwhile, thinks that multitasking products can work well as a supplement to a healthy skin care regimen, but don't necessarily warrant throwing out your arsenal of face creams. "I like multitasking products," she says. "Think of these makeup items as your bonus, not your main meal."

Quoted

"Think of these makeup items as your bonus, not your main meal."

DR. DAY

Celebrity makeup artist Talia Shobrook agrees that some makeup items that do triple-duty can be worth the investment. "The foundations and powders that include acne-fighting ingredients are great because that is a specific problem that can be treated quickly," she says. "But I don't necessarily think that an anti-aging foundation is going to work very well."

Ultimately, the real task is knowing what to look for. "It's about finding the right ingredients," Schook says.

Dr. Day adds, "You want to make sure the products don't combine ingredients that cancel each other out."

KENYA HUNT
METRO WORLD NEWS IN LONDON

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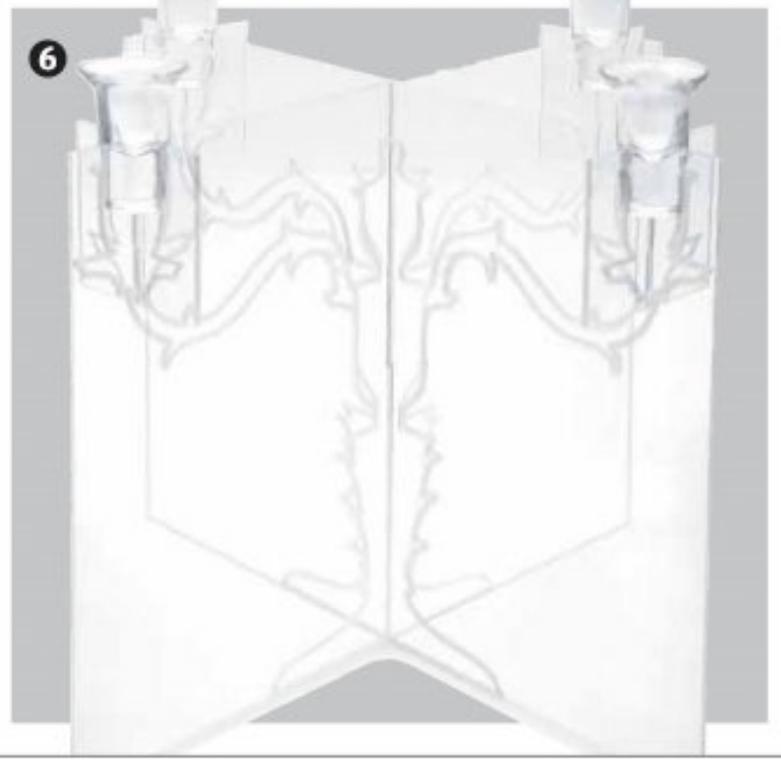
6

1. We love BHLDN's "Black Forest" lanterns to light up just about any celebration, but the shimmery recycled bottles do their best work on snowy, moon-lit evenings. **$28, www.bhldn.com**

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4. Feel the need to light up some greens, but not wrestle a tree in your third-floor walk-up? Frosted votives nestle into the moss of this rustically festive trough by Olive & Cocoa. **$58, www.oliveandcocoa.com**

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6. Designer Jon Russell's "Ghost Candelabra" is made of flat Lucite panels; just add some flickering candles to channel Christmases past. **$65, www.momastore.org**

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Amazon extends Christmas shipping deadlines

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▶ Amazon shipping!

Amazon announced this week a Christmas gift for procrastinators: An extension of free Super Saver Shipping through Dec. 19, two days later than last year.

The online retailer promised that orders placed on that date will make it to recipients by Christmas Eve. Super Saver Shipping kicks in for orders of $25 and over, though some restrictions apply.

For those that miss that target date, Amazon offers two-day shipping as late as 8 p.m. PST on Dec. 21, one-day shipping until 4:30 p.m. PST on Dec. 22, last-minute Christmas delivery for Amazon Prime members only on Dec. 23 and even local express delivery in select cities on Dec. 24. Another option, of course, is e-mail and print gift cards, which can be ordered and given out at any time.

The shipping options are a big improvement over last year when Amazon only offered Dec. 24 delivery on items purchased through Dec. 17. Amazon Prime members could also only get free shipping on orders placed on Dec. 22.

TODD WASSERMAN
FOR MASHABLE

Twitvid revamps to become an 'Open YouTube' online

- It's not trying to replace video-sharing stalwarts YouTube and Vimeo
- Twitvid aims to be the best spot to share videos in a social setting

Since its launch in 2009, Twitvid has been to video what Twitpic is to photos: a tool for easily adding your own content to the social stream. But this week, it's turning its site into a community for sharing all Web video — user-created or not.

This "open YouTube" will eventually allow users to post video from anywhere on the Web. It's starting with YouTube, Vimeo and Twitvid videos. Each user now has a stream that can be followed by other users.

What differentiates the system from Twitter and YouTube is that users can create topic-specific "sub-channels" within their account that can also be followed. They can restrict posting privileges for these channels to just themselves, a small group or anybody.

The "post from anybody" option could be especially handy for brands and celebrities who wish to aggregate videos from a specific event like a rally or a concert. Twitvid already has media celebrities on its services, including Justin Bieber, Al Gore, John McCain, Tyra Banks and LeBron James.

Another aspect that differentiates the new video platform is that it makes everything accessible within feeds. Videos play within streams without opening on another page, and comments appear directly below videos within a stream like they do on Facebook.

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▶ The Twitvid front page looks like this online.

"We want this to be a place where you can talk and watch at the same time," Twitvid CEO Mo Adham says, while showing off a comment section that looks suspiciously designed to one day accommodate real-time chat.

Twitvid is not trying to become another website focused on its own uploaded videos. Instead, it wants to be the place where all of the videos from those services can live together in a social setting.

SARAH KESSLER FOR Mashable
The Social Media Guide

Local Minister Uses Concert Event to Boost Jobs and Outreach Program

By Aaron Hyndman

Bishop Dr. Lionel Parsons

PHILADELPHIA – Having served in the ministry for over 20 years, Bishop Dr. Lionel Parsons brings to the Philadelphia area a message of both spiritual and social empowerment. Now, through his Transformation Center ministry, Bishop Parsons is taking things a step further and tackling the current jobs crisis head on.

For Bishop Parsons, local unemployment totals give the jobs situation an added sense of urgency. At 10.9 per cent this past quarter, unemployment rates in Philadelphia County were significantly higher than the national average according to the U.S. Department of Labor's Bureau of Labor Statistics.

"It's time to do something real, to not only give people hope, but provide a real chance to improve their situations," said Bishop Parsons. At this weekend's "A New Way to Celebrate," gospel festival of ministry and music at the Liacouras Center, attendees in need of employment are being connected with local businesses that have agreed to interview and hire concertgoers who are looking for work.

Philadelphia City Councilman Frank DiCicco (1st District) has taken note of the Bishop's novel approach. "I have gone over the details of his program and found it very interesting and full of potential," DiCiccco said in a statement. "I hope to work closely with Bishop Parsons in the future and help him attain his mission."

With this new effort, Bishop Parsons is committed to providing the connections that will help people in a tangible and permanent way. "The Church needs to be more involved with the business community; that's how we can achieve real economic empowerment. You don't change things with handouts." said Bishop Parsons.

People throughout the area are invited to be a part of this effort and attend this weekend's events from Thurs. through Sat., Dec. 15-17. To get tickets for "A New Way to Celebrate," contact the Liacouras Center Box Office or Comcast Tix at 1-800-298-4200. Admission to Thursday and Friday's events is a Free Will Offering, while tickets for Saturday are priced from $40 and up.

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Whether you go a little overboard with peppermint martinis and appetizers at a cocktail party or succumb to an overabundance of crab dip and cookies at your office shindig, it's likely you'll experience the unpleasant aftermath of a holiday eating spree at some point during the next few weeks.

If you're looking to quickly undo the damage, my holiday detox is the perfect fix. Simply follow this recovery menu after a day of feasting to offset the calorie gorge, banish bloat, burn fat and ramp up energy. No hokey juices or potions here; just real, whole foods that provide the right mix of ingredients to get your body back to baseline — fast.

Basic guidelines

- Follow this daily menu for one to three consecutive days after a splurge.
- Eat these five mini meals evenly spaced throughout your day.
- Eat only what is listed on the menu — no added sugars, artificial sweeteners, salt, condiments, etc.
- Drink only what is listed on the menu — no soda, juice, alcohol or diet beverages. (However, additional water is encouraged.)

*— For more tips on healthy eating, follow **Joy Bauer** on Facebook and Twitter (@joybauer) and visit **www.joybauer.com**.*

Metro does not endorse the opinions of the author, or any opinions expressed on its pages.

Daily menu

Meal 1
- **Veggie scramble:** Whisk together one whole egg and three egg whites. In a skillet coated with oil spray, saute unlimited mushrooms, spinach and tomato until soft. Add the eggs and scramble.
- ½ grapefruit
- Optional black coffee/tea

Meal 2
- Drink 8 ounces of water within 30 minutes of eating.
- 1 nonfat Greek yogurt
- 15 pistachio nuts
- 1 mug green tea

Meal 3
- Drink 8 ounces of water within 30 minutes of eating.
- **Mediterranean salad:** Combine ¾ cup chickpeas with half a cucumber (diced) and half a red bell pepper (diced). Drizzle with unlimited balsamic vinegar.
- 1 mug green tea

Meal 4
- Drink 8 ounces of water within 30 minutes of eating.
- **Baked, grilled or broiled fish:** 5 ounces any fish, seasoned with fresh lemon and herbs
- Unlimited steamed broccoli with fresh lemon and black pepper
- 1 mug green tea

Meal 5
- 1 apple with 1 tablespoon peanut butter
- 1 mug decaf peppermint tea

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Drinking over the holidays: What you can do to stay safe

GOODSHOOT

▶ It's cool to go out and have a good time. But make a plan for getting home safely once the night ends.

Excess is the operative word during the holidays. While too much food can certainly cause problems, too much alcohol can be deadly.

"Holiday accidents are totally preventable," says Dr. Gayle Randall, head of medical services at Malibu's Passages Drug and Alcohol Treatment Center. "Two to three times more people die in accidents during the holidays, and it's due to alcohol."

Some people are more vulnerable to alcohol abuse at this time of year. "People with emotional or drinking problems who can't self-regulate are more at risk," she says. If one drink leads to another and another and you spin out of control, Dr. Randall says, "You have a drinking problem."

Everyone is at risk from physical damage after excessive drinking. Holistic life coach Kendra Strasburg (www.hangovercoach.com) advises individuals and groups, including people working in the alcohol industry, on how to protect their bodies against alcohol damage. If abstinence is not possible, then it's key to be aware of drinking patterns and to be prepared.

"I highly recommend looking at your schedule each week and trying to make a plan," says Strasburg. "Just how many drinks do you want to consume that week? When you have a plan, find someone to hold you accountable. Tell your spouse or best friend what you're going to do. You'll be more successful."

Dr. Randall agrees and adds, "If you're hosting a party, have a list of cab numbers and watch your guests. Have the spare bed made up just in case. Never let anyone drive home drunk."

LINDA CLARKE
letters@metro.us

Strasburg's tips to lessen the impact

1. Drink a lot of water — and an extra glass between each cocktail consumed.
2. Take a spoonful of olive oil straight up before going out. It slows down the time it takes for alcohol to pass through the stomach lining and into the bloodstream.

Health news

America's health rankings by state

Vermont was deemed the healthiest state in 2011 for the third year in a row, according to new rankings from UnitedHealthcare. Mississippi ranked 50th, the same position it's held for the last 10 years. METRO/ME

26
Where Pennsylvania ranks on the list of healthiest states

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Letters

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Tis the season: Christmas war

RE: "IT'S OK TO SAY: MERRY XMAS": I couldn't agree more with Jacquie Hannigan regarding the replacement of the word "Christmas" with "Holidays." I'm even more concerned with Metro's headline: Replacing Christ's name with an "X" has to be the most sacrilegious gesture on the planet! Whatever happened to our freedom of religion? Metro: I earnestly believe you owe Jesus an apology!
KENNETH STEVENSON, VIA E-MAIL

Hannigan writes that she respects others' religious days. She might be interested to learn that many Christians would denounce her sentiment. Conservative Christians aver that their particular sect is the "Only True Religion" and that any who disagree will not only be damned eternally but pose a threat to "True Believers." As a result, the TBs themselves threaten American ideals. That's why many feel squeamish about calling the winter solstice Christmas.
ROBERT B. PIERCE, VIA E-MAIL

Hannigan's lamenting of the Christmas rhetorical "war" is myopic. The idea that Christians have a monopoly on late December is ahistorical and inaccurate. That the phrase "Happy Holidays" is gaining popularity could be due to a spirit of inclusiveness, a growing pluralism in the USA, or the plain fact that several major holidays cluster on the calendar. When Jacquie implores us to "... respect Christians and let us have our Christmas", I say yes! Share the respect and allow them to celebrate their holiday! But then in return don't expect everyone to align their winter well-wishes to your theology. **STEVEN AHERN, VIA E-MAIL**

Most people respect Christians and are happy to "let you have your Christmas"; I myself love it. But I think nationally you get resistance from non-Christians because the season starts in earnest the day after Halloween. No other holiday gets celebrated in song, stores, TV shows, commercials, radio ads, print and decorations like Christmas does for two solid months. If you had to hear about President's day or Kwanza for that long every year, I think you'd be sick of it in no time, too. **JD DUCAS, VIA E-MAIL**

Quoted

"Stop raging at an illusory persecution and leave the Festivus for the rest of us!"
AHERN

E-mail your letters: **letters@metro.us**
Keep them as brief as possible, preferably under 100 words. Metro reserves the right to edit all letters. Please include your name and contact information.

Horoscope

♐ Sagittarius **Nov. 23-Dec. 21.** Keep faith in yourself, even if others are not fully in accord. Chances are, it won't be you who is off track, but your boorish associates.

♑ Capricorn **Dec. 22-Jan. 19.** If you know you lack the necessary knowledge concerning a commercial involvement, don't hesitate to rely on a trustworthy associate. They will guide you through the maze.

♒ Aquarius **Jan. 20-Feb. 19.** Fairness and tact are your two greatest assets. Once others see that you are not trying to put anything over on them, they will treat you fairly.

♓ Pisces Feb. **20-March 20.** Conditions in general look to be extremely favorable where your work or career is concerned. Keep performing to the best of your abilities, because your efforts are being noticed.

♈ Aries **March 21-April 19.** Yield to your need to spend some relaxing time with good friends and fun companions. You don't have to penalize your budget to do so — an inexpensive get-together will suffice.

♉ Taurus **April 20-May 20.** Allocate a reasonable amount of time to tending to the needs of those you love. If you do so purely from your heart's desire, it'll be extremely fulfilling.

♊ Gemini **May 21-June 20.** There are a couple of dynamic forces at work within you that could yield you much success. One is the abundance of bright ideas you'll get, and the other is how you implement them.

♋ Cancer **June 21-July 22.** It is admirable how generous you are. You'll not only spend on things you want, but also put toward supplying pleasure for others as well.

♌ Leo **July 23-Aug. 22.** Because your showmanship qualities will be very much in evidence, everything you do will carry a flair for the dramatic and even attract an audience.

♍ Virgo **Aug. 23-Sept. 22.** You'll sense that in order to be effective, it will be best to keep a low profile. Thus, you will likely choose to operate in the background, planting your ideas in the minds of associates.

♎ Libra **Sept. 23-Oct. 23.** Maintain a positive attitude and all the dealings you have with large groups or corporations will come off as well as you hoped they would.

♏ Scorpio **Oct. 24-Nov. 22.** The itchy feeling dogging your heels that life has been conspiring against you will finally fade. Freed from the burden of your own spurious premonitions, you'll begin to make slow but definite improvements.

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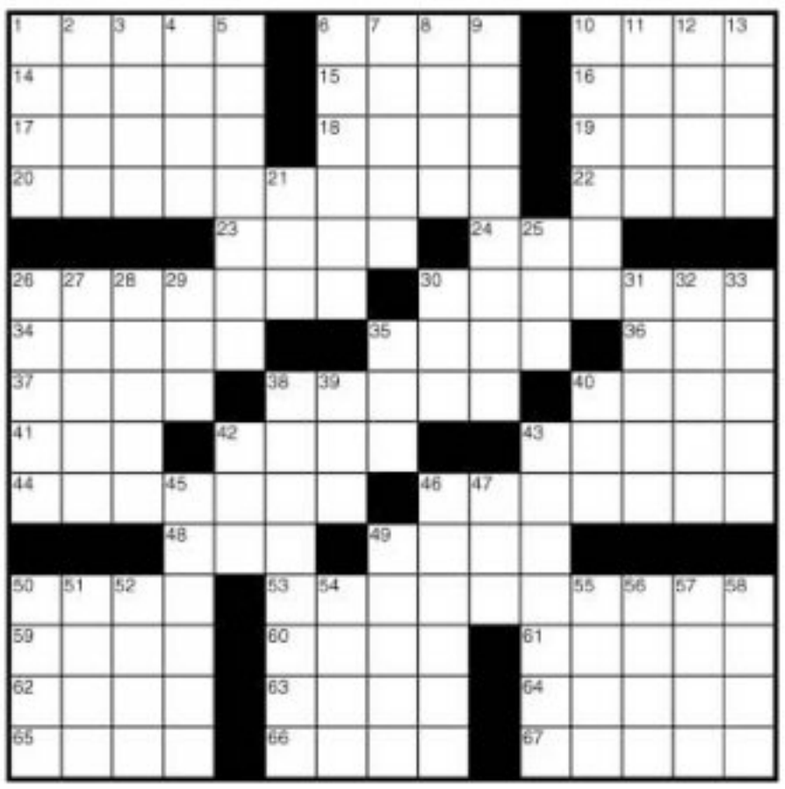

Across
1 Break the rules
6 Coup d'__
10 Beg pardon!
14 Caterpillar, for one
15 Exploding star
16 New Mexico tribe
17 "The __ Sanction"
18 Melt, as an icicle
19 Lotion additive
20 Winter phenomenon(2 wds.)
22 Grass
23 Bombay nanny
24 __ Dawn Chong
26 FDR's wife
30 Shrill insects
34 Young horses
35 Auctioneer's cry
36 Genetic strand
37 Actor __ Neeson
38 Lamp-plug part
40 Invoice stamp
41 Son of Prince Valiant
42 La __ tar pits
43 Brainy club
44 Lingerie buys
46 Shelf support
48 Pixie
49 Fritz's turndown
50 Sporty vehicles
53 Green-blue stone
59 Function
60 Mongrels
61 Doctrine
62 Nowhere near
63 Toward sunrise
64 Dinner guest
65 Fontanne's husband
66 Applies henna
67 Crumble away

Down
1 Musical symbol
2 All mammals have it
3 Cogito __ sum
4 Forum hellos
5 Plaids
6 Win over
7 Rabbi's reading
8 Tel __
9 Narrowing down
10 Flowering shrub
11 Maui dance
12 Sufficient, in verse
13 Air
21 Insurance gp.
25 Pet detective__ Ventura
26 Brilliance
27 French river
28 Veld grazer
29 PIN prompter
30 Scam
31 Swigged
32 Biscotto flavoring
33 Nobelist from Egypt
35 __ __ step further
38 Introduced
39 Home tel.
40 Delt neighbor
42 __ Keane of "Family Circus"
43 Sea cow
45 Camel country
46 Zoo inhabitants
47 Basketball hoop
49 Clinic staffer
50 Europe-Asia range
51 Soy product
52 Zest for life
54 Wharf
55 Posterior
56 Gung-ho about
57 Have occasion for
58 Raison d'__

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SUDOKU **LEVEL: EASY**

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4			1	7		5		
2			4				3	
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SUDOKU **LEVEL: HARD**

Solution to yesterday's crossword

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D	E	S		D	A	N	K	E		S	A	G	E	R

How to play Sudoku: Fill in the grid so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

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Vick still taking big hits, just fighting to stay alive

GETTY IMAGES

▶ Vick continues to take a beating this season.

Eagles QB learning to play through the pain • Won't blame injury for rust • Coach wishes Vick would slide

He's only been back for one game, but Mike Vick already feels like he's running for his life.

Vick was under duress for much of the first quarter in last Sunday's 26-10 win — and the quarterback is apparently feeling the pressure.

"I'm still sore from Sunday, but I'm just working hard and fighting to stay out there with my teammates," Vick told PhiladelphiaEagles.com. "I'm just trying to stay alive and just trying to be accountable to my teammates and my team."

Of course, it didn't help that Vick took a few unnecessary hits due to his unwillingness to slide. Last week, he had promised he would make a more conscious effort to get down.

"Listen, I don't want him to take the big hits," coach Andy Reid said Monday. "There's a fine line there of taking away his competitive spirit and edge, and getting him to slide, so I'm sensitive to that. But, I will still hammer home the point about getting yourself down and being smart. There's a time and a place to step out of bounds, there's a time and a place to get down."

▶ Reid

Even though he's still not 100 percent, Vick isn't about to use that as a crutch or excuse. Despite grabbing a much-needed win, Vick was very rusty in Miami and finished just 15-of-30 for 208 yards. He also had four balls batted down at the line of scrimmage.

"I think I made enough plays to win the game, but there were things I could have done better," Vick said. "I'm just trying to go back and evaluate myself after every game."

On TV Sunday

N.Y. Jets at Eagles, 4:15 p.m. (CBS)

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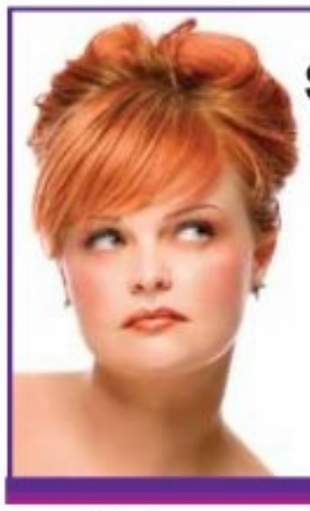

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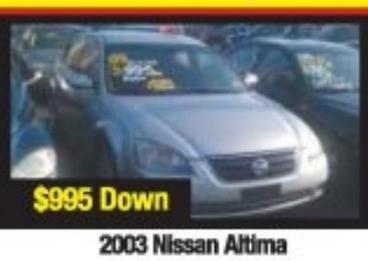

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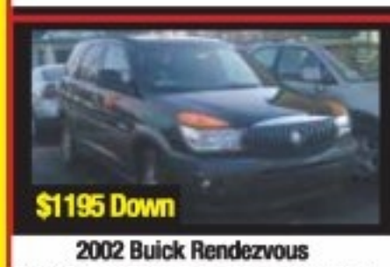

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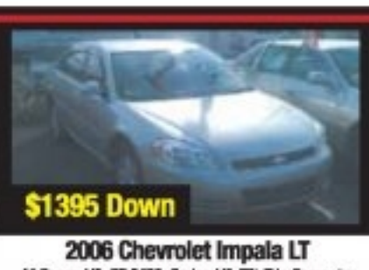

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Flyers can't hide as club goes all-access in HBO reality show

Simmonds, Talbot don't expect cameras to change anything ◗ Reality series debuts today ◗ Flyers-Rangers set to duel Jan. 2 in Winter Classic

One minute Wayne Simmonds is converting Jakub Voracek's pass into an easy goal or slamming an opponent into the boards. The next he's heading up Broad Street to a youth hockey clinic trying to keep his composure with a camera hanging out the window of his Infiniti.

Welcome to the world of "Flyers-Rangers 24/7: The Road to the Winter Classic," which debuts tonight on HBO.

Over the next four weeks you'll get to know players like Simmonds, Scott Hartnell, Danny Briere and coach Peter Laviolette like never before as HBO's cameras invade both team's inner sanctums to set the stage for the Jan. 2 Winter Classic at Citizens Bank Park.

Quoted

"There's nothing we're going to change because there are two cameras in the room." MAX TALBOT

The HBO cameras followed Simmonds last Friday to an inner-city clinic in North Philadelphia.

"They came with when I went to the clinic," said Simmonds, who accidentally kneed Claude Giroux last Saturday in the head and sidelined the NHL's leading scorer indefinitely with concussion symptoms. "It's weird having a camera hanging out of your window when you're trying to drive."

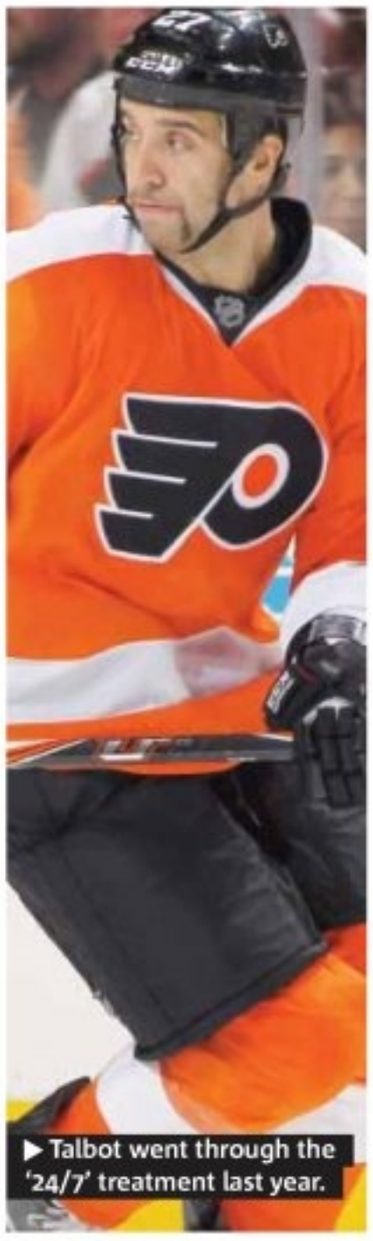
Not to mention strange having them follow your every move in the privacy of the locker room.

"You have to be yourself and do what you do," said Max Talbot, who was part of last year's "24/7" when his Penguins faced the Capitals. "But there's nothing we're going to change because there are two cameras in the room. They're lurking in the weeds a little bit, but we know what our job is."

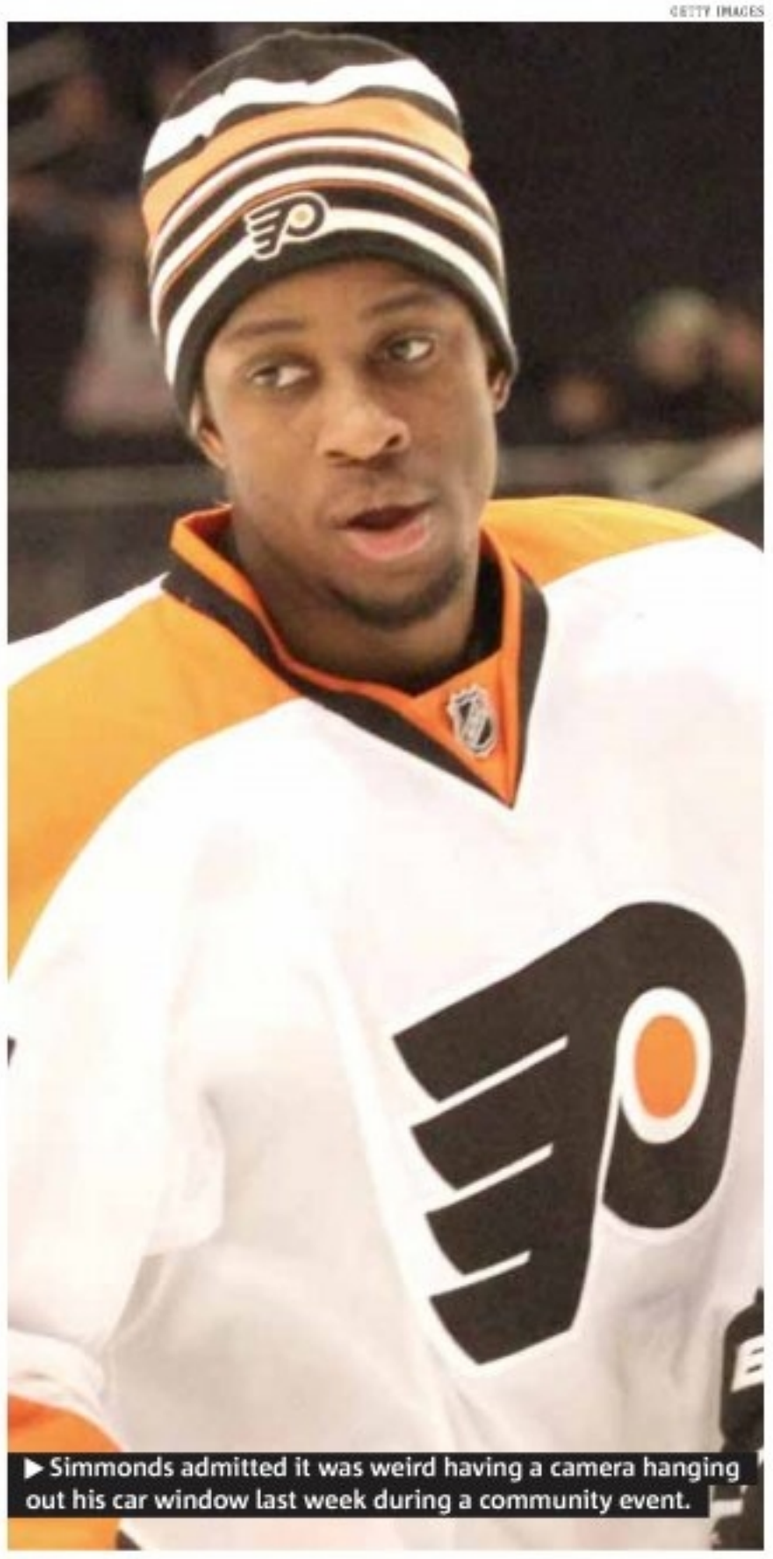
"You can definitely sense the cameras," said Simmonds. "You try to go about your daily business, but you know they're there. They're definitely not hiding for sure."

Full exposure begins tonight.

JON MARKS
sports@metro.us



▶ Talbot went through the '24/7' treatment last year.



GETTY IMAGES

▶ Simmonds admitted it was weird having a camera hanging out his car window last week during a community event.

Cut the cameras

HBO's "24/7" is a four-part series and debuts today at 10 p.m. While it's billed as an all-access look at one of the NHL's most heated matchups, not all those involved see it that way.

▶ "Oh, it's a pain in the a—, there's no question," **Rangers coach John Tortorella told the Bergen Record.** "I can't stand it but it doesn't affect my coaching. They're good guys. I just don't want people in our locker room, but I know we have to do it."

Giroux knocked out with concussion

The dreaded C word has claimed another Flyer.

The team announced yesterday that Claude Giroux is out indefinitely with a concussion. Giroux was kneed in the back of the head last Saturday by Wayne Simmonds.

"Over the past few days, his symptoms have gradually gotten worse," GM Paul Holmgren said. "He will be out indefinitely with a concussion."

Giroux joins captain Chris Pronger on the concussion list. Pronger is also out indefinitely after being diagnosed with a head injury last Friday. He is expected to see a specialist today for further evaluation.

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2011-12 SIXERS REG. SEASON SCHEDULE

DATE	OPPONENT	TIME
DECEMBER		
MON. 26	AT PORTLAND	10:00
WED. 28	AT PHOENIX	9:00
FRI. 30	AT UTAH	9:00
SAT. 31	AT GOLDEN STATE	9:00
JANUARY		
WED. 4	AT NEW ORLEANS	8:00
FRI. 6	DETROIT	7:00
SAT. 7	TORONTO	8:00
MON. 9	INDIANA	7:00
TUE. 10	SACRAMENTO	7:00
WED. 11	AT NEW YORK	7:30
FRI. 13	WASHINGTON	7:00
SAT. 14	AT WASHINGTON	7:00
MON. 16	MILWAUKEE	2:00
WED. 18	DENVER	7:00
FRI. 20	ATLANTA	7:00
SAT. 21	AT MIAMI	7:30
MON. 23	WASHINGTON	7:00
WED. 25	NEW JERSEY	7:00
FRI. 27	CHARLOTTE	7:00
SAT. 28	DETROIT	7:00
MON. 30	ORLANDO	7:00
FEBRUARY		
WED. 1	CHICAGO	7:00
FRI. 3	MIAMI	7:00
SAT. 4	AT ATLANTA	7:00
MON. 6	L.A. LAKERS	7:00
WED. 8	SAN ANTONIO	7:00
FRI. 10	L.A. CLIPPERS	7:00
SAT. 11	AT CLEVELAND	7:30
MON. 13	AT CHARLOTTE	7:00
WED. 15	AT ORLANDO	7:00
FRI. 17	DALLAS	7:00
SUN. 19	AT MINNESOTA	7:00
TUE. 21	AT MEMPHIS	8:00
WED. 22	AT HOUSTON	8:00
TUE. 28	AT DETROIT	7:30
WED. 29	OKLAHOMA CITY	7:00
MARCH		
FRI. 2	GOLDEN STATE	8:00
SUN. 4	CHICAGO	7:00
MON. 5	AT MILWAUKEE	8:00
WED. 7	BOSTON	7:00
FRI. 9	UTAH	7:00
SUN. 11	AT NEW YORK	12:00
WED. 14	AT INDIANA	7:00
FRI. 16	MIAMI	7:00
SAT. 17	AT CHICAGO	8:00
MON. 19	AT CHARLOTTE	7:00
WED. 21	NEW YORK	7:00
FRI. 23	BOSTON	8:00
SUN. 25	AT SAN ANTONIO	7:00
TUE. 27	CLEVELAND	7:00
FRI. 30	AT WASHINGTON	7:00
SAT. 31	ATLANTA	7:30
APRIL		
TUE. 3	AT MIAMI	7:30
WED. 4	TORONTO	7:00
SAT. 7	ORLANDO	8:00
SUN . 8	AT BOSTON	6:00
TUE. 10	AT NEW JERSEY	7:30
WED. 11	AT TORONTO	7:00
FRI. 13	NEW JERSEY	7:00
MON. 16	AT ORLANDO	7:00
TUE. 17	INDIANA	7:00
WED. 18	AT CLEVELAND	7:00
SAT. 21	AT INDIANA	7:00
MON. 23	AT NEW JERSEY	7:30
WED. 25	AT MILWAUKEE	8:00
THU. 26	AT DETROIT	8:00

Turning the corner: Evan finds his shot

- Turner focused on improving his shot during the offseason and lockout
- Worked with Phila. Univ. coach Magee
- Will likely come off bench

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▶ The Sixers hope an improved motion in Evan Turner's jump shot allows him to be a bigger contributor this season.

Starting Five

The starting lineup for Doug Collins' team should look familiar to fans.

F Andre Iguodala (14.1 PPG, 6.3 APG)
"Iggy" enters his eighth season with the team.

F Elton Brand (15.0 PPG, 8.3 RPG)
Brand's third season with the Sixers was his best.

C Spencer Hawes (7.2 PPG, 5.7 RPG)
Hawes started all but one game at center.

G Jodie Meeks (10.5 PPG, 64 starts)
Knocked down 42.5 percent of three-pointers.

G Jrue Holiday (14.0 PPG, 6.5 APG)
The budding star started every game at the point.

Evan Turner came into the league last year as a shooting guard than couldn't shoot.

As a result, he got just 14 starts and served as the team's eighth or ninth man on most nights. After working with renowned shot doctor (and current Philadelphia University coach) Herb Magee this offseason, Turner's jumper at training camp this year has a smoother look. And coach Doug Collins has noticed.

"His left hand is not on top of the ball and his left thumb is not getting into his shot," Collins said. "If you watch a really good shooter, his off hand can almost go down and shake somebody's hand."

Turner's ability to knock down shots is crucial in his battle with Jodie Meeks for the starting shooting guard job. After putting up thousands of jumpers with the new form over the summer, Turner believes his off-hand issues are solved.

"I don't really think about the form anymore; I just shoot the ball," said Turner, who averaged 7.2 points in 78 games for the Sixers last season. "I have confidence. I'm putting a little more air under it."

Meeks will be difficult to unseat as the incumbent and the one that sparked the Sixers after their 3-13 start last season. He spaces the floor for Elton Brand on the block and gives the starting unit a legitimate 3-point threat next to slashers Jrue Holiday and Andre Iguodala.

"Jodie fits beautifully with our starting group. … If Lou [Williams] and Thadd [Young] don't start, there's not another guy in the world that can be upset about not starting." Collins said.

ADAM LEVITAN
alevitan@metro.us

Following the leader

A look at the three players that immediately followed Evan Turner (No. 2 overall) in the 2010 NBA Draft.

No. 3: Derrick Favors
The 6-foot-10 Favors averaged 6.8 points and 5.3 rebounds in 78 games for New Jersey and Utah. He was traded to the Jazz in the Deron Williams deal, and averaged 8.2 points in Utah.

No. 4: Wesley Johnson
The former Syracuse standout started 63 games for Minnesota, where he averaged nine points per game and connected on almost 40 percent of 3-pointers.

No. 5: DeMarcus Cousins
Cousins, a one-and-done player at Kentucky, had a huge impact for the Kings, posting averages of 14.1 points and 8.6 rebounds in 81 games (62 starts).

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Paul to LA Clips still has hope?

Chris Paul could still end up in a Los Angeles Clippers uniform after all.

After a trade to the Clips fell through on Monday, talks have been renewed between L.A. and the league-owned Hornets, where Paul has spent his entire six-year career.

After a trade to the Lakers was vetoed by the NBA last week, the league owners negotiating on the Hornets' behalf are aggressively trying to make a trade happen. Rumored players in the deal could include Eric Gordon, Chris Kaman, Al-Farouq Aminu and Eric Bledsoe. METRO

Villanova overcomes sloppy start to rout BU

Wildcats shake off first half rust to demolish Terriers ◗ Wayns, Cheek, Yarou all contribute ◗ Team 'work in progress' as it prepares for Hawks

Villanova fans could have hit the snooze button for the first 19-plus minutes of last night's 68-43 win over Boston University.

The game was marked by horrid shooting (the Wildcats shot just 18.2 percent in the first half), sloppy play (Villanova turned it over eight times) and an overall lack of hustle on both ends.

Then, Maalik Wayns hit a three-pointer — and the rout was on.

The junior guard connected on a three-ball just three minutes into second half that pulled the Wildcats within one. From that point on, Villanova went on a 16-1 run and never trailed again. The Wildcats shot the roof off the Wells Fargo Center, at 55.9 percent, while out-rebounding BU, 37-17, in the second frame.

"We live for these types of games," said Wayns. "A big part of our program is playing hard, keep grinding."

Dominic Cheek, who was benched to start the game due to a lingering groin injury, also found his rhythm after halftime, pouring in 11 of his team-high 14 points. Mouphtaou Yarou chipped in 13 points and 13 rebounds to help the Wildcats (6-4) snap a two-game losing streak and win for just the second time in their last five tries.

"We are a work in progress and almost every guy on our team is a work in progress," coach Jay Wright said.

MIKE GREGER
mgreger@metro.us

No rest for 'Cats

Villanova has just four days to enjoy last night's win as they prepare for the Holy War on St. Joseph's campus (Saturday, 8 p.m.)

"It's going to be a battle," Jay Wright said. "Our kids have never played there before."

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▶ Wayns

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TEBOW TIME IS NOT SAME AS VONN TIME

Opinion

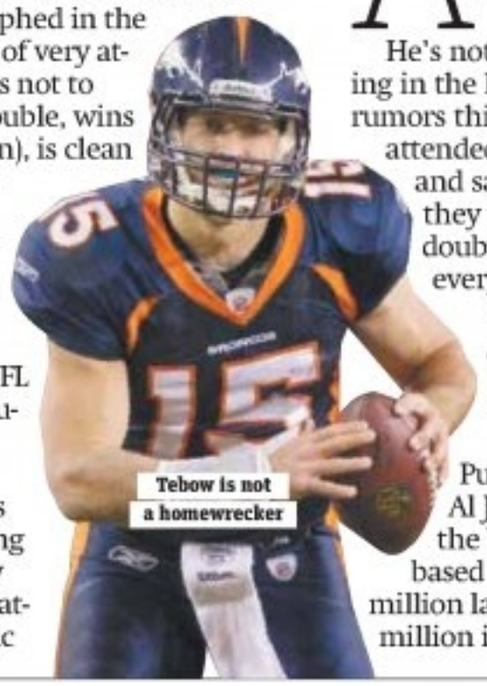
JASON McINTYRE
SPORTS@METRO.US

Tim Tebow, the new King of the Sports World — move over Lionel Messi, Tom Brady, LeBron James and Albert Pujols — was a notorious ladies' man in college.

While starring at quarterback at Florida, women gravitated toward him and he was often photographed in the presence of very attractive women. What's not to like? He stays out of trouble, wins (two titles, one Heisman), is clean cut, religious and has a winning smile (he was featured in GQ as a college kid, shirtless).

After a quiet rookie year in Denver, he's been the story of the NFL in 2011. Enter dating rumors!

The scuttlebutt in Denver for a few weeks has been that something was up between Tebow and Lindsey Vonn, the attractive blonde Olympic skiing champion. She attended Broncos games. She was photographed "Tebowing." And based on some of the women Tebow was photographed with at Florida, she fits the profile — blonde, tall, attractive.



Tebow is not a homewrecker

And then there's this: Last month, she announced she's getting divorced from her husband. The tabloid headlines flew: Tim Tebow, homewrecker!

He's not, of course. Vonn, writing about skiing in the Denver Post, actually addressed the rumors this week. After talking about how she attended the most recent Tebow triumph and sat with Tebow's family, she noted they were just friends. To assuage the doubters, she took to Twitter to again let everyone know they were not dating.

Al Jefferson, fan of the cougars

Puzzling NBA incident from last week: Al Jefferson is a 26-year-old center for the Utah Jazz. He's a nice player, but based on potential, he's making bank: $13 million last year and already a whopping $43 million in his career.

Someone — police won't say who — called the police Thursday night because Jefferson's live-in girlfriend allegedly hit and bit Jefferson. He's 6-foot-10, 280 pounds. The police report claimed his girlfriend bit him on the back in the presence of two young children. She was arrested.

Now, the kicker. His girlfriend, Shirley Lewis, is 38 years old and 5-foot-7, 170 pounds.

Get a room, Bills fans

For the second time in three years, a couple has been arrested for having sex in the bathroom at a Bills game. Two elementary school teachers in their 30s were caught bumping uglies in the bathroom two weeks ago at the Bills-Titans game. They were arrested and their status as teachers is in jeopardy. Since their names were made public, I imagine back-to-school night might be slightly awkward. Or, you know, if the teacher called home because your kid was acting up in class.

"Little Joey was misbehaving? Well, at least he wasn't having sex in a filthy, public setting."

*– **Jason Raj McIntyre** covers athletes off the field and runs the popular blog, The Big Lead.*

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Tree? Check. Presents? Check. Inflatable penguin in a Santa hat on the front stoop? We hope so. Get in the holiday spirit by checking out these top spots in Philly for holiday decor.

Chestnut Hill

Where: 10 miles northwest of Center City
When to go: During the day, when the boutiques along Germantown Avenue are open
Look for: Old-fashioned elegance
Why it's making us merry: The ritzy shopping strip is strung with lights and garlands, and windows are decorated in a Dickens theme. Victorian-style carolers add to the ambiance.

▶ Chestnut Hill keeps it old school.

▶ Hello, South Philly!

Lower Moyamensing

Where: South Philly, between Broad and Eighth streets and Snyder and Oregon avenues
When to go: In the evening
Look for: Homemade charm
Why it's lighting our tree: The LoMo Civic Association hosts an annual holiday decorating contest, and there's nothing like a little friendly competition to get those creative juices flowing.

Old City

Where: The boutiques speak for themselves. But just northwest of Old City is Franklin Square Park (from Sixth to Seventh streets between Race and Vine), where there's plenty to do after shopping.
When to go: Bring the kids weekends from 2 to 5 p.m. to meet Santa.
Look for: Family-friendly festivities
Why it's jingling our bells: The carousel is lit up, the minigolf is open, and SquareBurger is serving up candy cane milkshakes.

RACHEL VIGODA
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▶ Updike's former home is up for sale.

Updike spent his first 13 years in the home with his mother and father, and many of its original features still remain. Shillington and close-by Readington are said to provide the settings for Updike's novels "Rabbit Run," "Rabbit is Rich" and "Rabbit at Rest."

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